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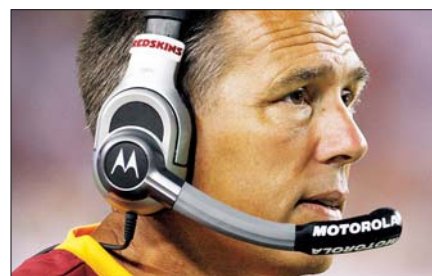
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Tuesday



PABLO MARTINEZ MONSIVIS/AP

Jim Zorn's offense has scored one TD this year.

No Offense: Zorn under fire for his play-calling | **17**

Transit Alert: Officials warn of terrorism threats | **7**



Mind Tricks:
Turn on your brain to boost a workout | **FIT**

lookout

King's Tales:

LeBron James pens a book about his younger years. Plus, the Walkmen come home.

>> **30-39**



JOHN SPINK/AP (ATLANTA JOURNAL-CONSTITUTION/AP)

Storms Leave Five Dead in Southeast

RUINED ROAD: Blake Fowler looks at a washed-out road in Winston, Ga., on Monday. Heavy thunderstorms that have pounded the Southeast for the past week have killed at least five people, including one toddler. Forecasters issued flood alerts for parts of Tennessee, Alabama, North Carolina, Kentucky and Georgia, which has seen nearly 20 inches of rain the past three days.

U.S. May Focus on Pakistan

White House considers new strategy to target al-Qaeda

WASHINGTON | The White House is considering expanding counterterror operations in Pakistan to refocus on eliminating al-Qaeda instead of mounting a major military escalation in Afghanistan.

Two senior administration officials said Monday that the renewed fight against the terrorist organization could lead to more missile attacks on Pakistani terrorist havens by unmanned U.S. spy planes. The officials spoke on condition of anonymity because no decisions have been made. Top aides to President Obama said he still has questions and wants more time to decide.



Obama

The officials said the administration would push ahead with the ground mission in Afghanistan for the near future, still leaving the door open for sending more U.S. troops. But Obama's top advisers, including Vice President Joe Biden, have indicated they are reluctant to send many more troops — if any at all — in the immediate future.

In weekend interviews, Obama emphasized that disrupting al-Qaeda is his "core goal" and worried aloud about "mission creep" that moved away from that direction. "If it starts drifting away from that goal, then we may have a problem," he said. (AP)



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VOTE AT EXPRESSNIGHTOUT.COM OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 36

TUESDAY
78/66

WEDNESDAY
83/68

eyeopeners

CELEBRITIES

Hulk Hogan Is Really Bored

Two Australian men shook hands for 12 hours, 34 minutes and 56 seconds to break the world record for longest handshake Monday. Jack Tsonis and Lindsay Morrison of Sydney could not separate for that time, even for toilet breaks, according to Australia's ABC News. Wrestler Hulk Hogan briefly attended the shake, posing for pictures and autographing a visitors book. (EXPRESS)



JUSTICE

Man Sentenced To Longer Life

A judge has ordered a 19-year-old Hawaii man who pleaded no contest to starting a restaurant fire with a flicked cigarette to stop smoking for a year. "Perhaps it will add about 10 or 15 years to his life if he stops smoking permanently," said Judge Joel August. In addition, Makaio Bachman-Majamay of Makawao must do community service and pay a \$1,025 fine to repair the damage. (AP)



STRAFP/GETTY IMAGES

SNACKS

Pears of Peace

The process of growing these Buddha-shaped pears took fruit farmer Hao Xianzhang of China's Hebei province six years to perfect. The fruit is grown inside molds and is sold for about \$7.32 each. (EXPRESS)



HAVOC

God Punishes Energy Wasters

St. Louis is perking up with jokes about the \$150,000 cup of coffee. But officials at a college aren't laughing. St. Louis Community College must foot the bill after a coffee maker rigged to a faucet and left turned on ruptured a water line in July. About 10,000 gallons of water spilled down four floors, damaging ceilings, walls, computers and files. The college's board of trustees will be asked to approve cleanup costs this week, including a \$143,494 contract with a disaster-recovery company. (AP)

BLINDING

"I was standing out there with a .38 in my hand, and I was stark naked."

— ROBERT E. THOMPSON, 91, OF LAKE WORTH, FLA., WHO JUMPED OUT OF BED AND HELD A BURGLAR AT GUNPOINT TILL POLICE CAME. "I THINK HE WAS MORE SCARED THAN I WAS," HE SAID OF THE CRIMINAL.



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150K Gay Marriages Reported

Census releases tally on same-sex couples in the United States

WASHINGTON | Nearly 150,000 same-sex couples reported being in marriage relationships last year,

27

The percentage of gay U.S. couples describing their relationship as a marriage, the Census Bureau says.

many more than the number of actual weddings and civil unions, according to the first U.S. census figures released on same-sex marriages.

About 27 percent of the estimated 564,743 gay couples in the United States said they were in a relationship akin to "husband" and "wife," according to the Census Bureau.

A consultant to the Census Bureau estimated there were roughly 100,000 official same-sex weddings, civil unions and domestic partnerships in 2008.

Analysts said the disparities are probably a reflection of same-sex couples in committed relationships who would get married if they could in their states. HOPE YEN (AP)

Baucus Alters Bill to Please Dems

Senator adds more help for families that need to buy insurance

Less than a week after he unveiled his health care reform bill to mixed — even grumbling — reviews, Senate Finance Chairman Max Baucus, D-Mont., is preparing major revisions to it to satisfy Democrats and the lone Republican yet to announce her vote on the measure, Sen. Olympia J. Snowe of Maine.

As expected, lawmakers have their own ideas for improving Baucus' proposal and have submitted 564 amendments for consideration this week by the Finance Committee. Many of the amendments focus on making insurance more affordable for those who would be forced to buy policies under the plan; on modifying or eliminating Baucus' proposed sources of financing; and on protecting Medicare beneficiaries from proposed spending cuts.

Baucus is looking at making more middle-income families eligible for federal insurance sub-



Sen. Max Baucus, D-Mont., is revising his health care proposal in response to criticism from other Democrats in the Senate.

dies. His original bill would subsidize people earning between 300 percent and 400 percent of the federal poverty level only if premiums cost more than 13 percent of their income. The House bill sets that cap at 12 percent, and a source close to the dis-

cussion said Baucus could go to 12 percent or lower.

Under pressure from Democrats who represent high-cost states, Baucus is also considering a revision to his tax on high-cost insurance policies, raising the amount that would be exempted

from a 35 percent excise tax. He is unlikely to heed calls to eliminate the tax altogether, however, since it is the most critical provision in the package toward reducing future budget deficits.

LORI MONTGOMERY AND SHAILAGH MURRAY
(THE WASHINGTON POST)



WILDLIFE Bird Too Stubborn to Ask for Directions Police officers in Forest, Miss., had to use a taser and handcuffs to capture an emu running loose on a highway Sunday. Police Officer Kiley Culpepper told WLBT-TV that motorists had been calling 911 since Friday to report sightings of two emus on I-20 and nearby U.S. Highway 80. Culpepper and deputies were able to surround the animal but had to use the taser and handcuffs to finally get it off the road. After being captured, the animal was taken to the Scott County Forest Coliseum. (AP)

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President Obama greets New York Gov. David Paterson before a speech Monday.

Obama's N.Y. Trip Is High on Intrigue

Gov. Paterson and his top political rival are praised by president

TROY, N.Y. | President Obama called Gov. David Paterson “a wonderful man” Monday, a day after apparently throwing him into a fight for his political career, but saved the heartiest greeting for Paterson’s chief rival for the governor’s job: state Attorney General Andrew Cuomo.

The president was in the Albany area to deliver economic remarks at Hudson Valley Community College in Troy. The visit closely followed weekend reports that Washington Democrats, some saying they were acting on behalf of Obama, urged Paterson to drop out of the race.

Such a move would pave the way for Cuomo to win the Democratic nomination.

The embattled governor was subdued Monday before the economic address.

“A wonderful man, the governor of the great state of New York, David Paterson, is in the house,” Obama said.

Obama then introduced the attorney general as a close ally and joked with the hard-charging Cuomo, calling him “your shy and retiring attorney general.”

“Andrew’s doing great work enforcing the laws that need to be enforced,” Obama said as he cast a warm smile toward Cuomo.

The president’s aides insisted Monday that Obama wasn’t interfering with New York politics.

VALERIE BAUMAN (AP)

Yale: Suspect Had Access Till Arrest

NEW HAVEN, CONN. | A Yale official says a lab technician accused of strangling a graduate student had access to campus buildings until he was arrested more than a week after the woman disappeared.

Yale spokesman Tom Conroy says the card that allowed Raymond Clark III to enter Yale build-

ings was not deactivated until early Thursday. He is charged in the death of graduate student Annie Le on Sept. 8.

Clark was under surveillance even before Le’s body was discovered. Conroy wouldn’t say whether Clark continued to work in the days before he was arrested. (AP)

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NIH: 1 Shot for Older Kids

Children 10 to 17 are protected by a single dose of H1N1 vaccine

WASHINGTON | Children ages 10 to 17, who are among those facing the greatest risk from the swine flu, appear to need just one dose of the new vaccine, but younger children will probably need two, federal health officials reported Monday.

Preliminary results from tests involving about 600 subjects ages 6 months to 17 years found that 76 percent of those age 10 and older who received a standard single shot experienced a strong

THE EARLY TOLL

→ More than 296,471 laboratory-confirmed swine flu cases among all ages have been reported to the World Health Organization.
→ At least 3,486 deaths have been attributed to the virus worldwide, including at least 364 in the United States. About one in every 13 U.S. deaths has been a child, and at least 47 children have died from the swine flu so far this year.

enough response within eight to 10 days to assume they would be protected. But only 25 percent to 36 percent of the younger children had a strong response, indicating

that they will need two shots.

The findings mark the second piece of good news about the new vaccine. Officials reported Sept. 14 that adults would probably need only one shot, despite expectations that all ages would need two doses to prime the immune system against the virus.

"Overall, this is very good news for the vaccination program, both in regard to supply of the vaccine as well as its potential efficacy," said Anthony Fauci of the National Institute of Allergy and Infectious Diseases, which is leading the government's efforts to develop the vaccine. **ROB STEIN** (THE WASHINGTON POST)

NEW YORK | SEEING BLUE

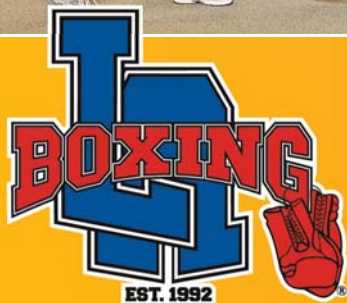


UNITED FRONT: Police gather along Park Avenue near the Waldorf Astoria Hotel before deploying to security posts throughout the city Monday. Security in the city is tightening as leaders from around the globe converge on New York this week for the 64th session of the United Nations General Assembly.

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Mass Transit Placed on High Alert

Officials recommend vigorous patrols after man's arrest in Colo.

DENVER | Counterterrorism officials are warning mass transit systems across the nation to step up patrols because of fears an Afghanistan-born immigrant under arrest in Colorado may have been plotting to detonate backpack bombs aboard New York City trains.

Investigators say Najibullah Zazi, a 24-year-old shuttle van driver at the Denver airport, played a direct role in a terror plot that unraveled during a trip to New York City around the anniversary



Terrorism suspect Najibullah Zazi is arrested Saturday by FBI agents in Aurora, Colo.

of the Sept. 11 attacks. He made his first court appearance Monday and remained behind bars.

Zazi and two other defendants have not been charged with any terrorism counts, only with the rela-

tively minor offense of lying to the government. But the case could grow to include more serious charges as the investigation proceeds.

Zazi has publicly denied being involved in a terror plot, and defense lawyer Arthur Folsom dismissed as "rumor" any notion that his client played a crucial role.

Publicly, law enforcement officials have repeatedly said they are unaware of a specific time or target for any attacks. Privately, officials speaking on condition of anonymity because they were not authorized to discuss the case said investigators have worried most about the possible use of backpack bombs on New York City trains,

similar to attacks carried out in London and Madrid.

Backpacks and cell phones were seized last week from apartments in Queens where Zazi visited.

In a bulletin issued Friday, the FBI and Homeland Security Department warned that improvised explosive devices are the most common tactic to blow up railroads and other mass transit systems overseas. And they noted incidents in which bombs were made with peroxide.

In the bulletin, officials recommended that transit systems conduct random sweeps at terminals and stations, and that law enforcement make random patrols and board some trains and buses.

The effects of the warning were not immediately clear Monday. (AP)

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In Brief

UNITED NATIONS

U.N.: China Poised to Lead Battle vs. Climate Change

As the United States lags on climate legislation, China is poised to join the European Union in claiming "front-runner" status among nations battling climate change, the U.N. climate chief said Monday. Yvo de Boer said in an Associated Press interview that China is leaping ahead of the United States with domestic plans for more energy efficiency, renewable sources of power, cuts in vehicle pollution and closures of dirty plants. (AP)



Anatoly Karpov, left, and Garry Kasparov hold chess pieces on Monday.

MADRID

Chess Champs Set Rematch

Chess eminences Garry Kasparov and Anatoly Karpov are dusting off their knights and pawns for an exhibition rematch marking the 25th anniversary of their first title bout — a grueling one that lasted five months and was eventually halted. The two former champions will play 12 games of two kinds of speed chess starting Tuesday in Valencia, Spain. (AP)

GAUHATI, INDIA

6.3-Magnitude Earthquake Kills 11 People in Bhutan

A 6.3-magnitude earthquake shook the remote mountain nation of Bhutan on Monday, killing at least 11 people, damaging an ancient monastery and forcing hundreds to flee, officials said. At least 15 people were also injured. The afternoon earthquake was initially reported in Gauhati, the capital of India's northeastern Assam state, but it was centered in eastern Bhutan. (AP)

Ousted Honduran Leader Returns

Zelaya defies threats of arrest, takes refuge at Brazilian Embassy

TEGUCIGALPA, HONDURAS | Deposed President Manuel Zelaya made a dramatic return to Honduras' capital on Monday, taking shelter from arrest at Brazil's embassy and calling for negotiations with the leaders who forced him from the country at gunpoint.

Thousands of supporters danced and cheered outside the embassy to celebrate Zelaya's return, which creates a sharp new challenge for the interim government that has threatened repeatedly to throw him in jail if he returns.

Chants of "Yes we could! Yes we could!" bellowed from the crowd.

Zelaya told The Associated Press that he was trying to establish contact with the interim government to start negotiations on a solution to the standoff that started when soldiers flew him out of the country on June 28.

"As of now, we are beginning to seek dialogue," he said by telephone, though he gave few details. Talks moderated by Costa Rican



Deposed Honduran President Manuel Zelaya, center, walks with supporters in Tegucigalpa after his return on Monday.

Zelaya, along with four companions, traveled for two days overland, crossing mountains and rivers, risking their lives.

—HUGO CHAVEZ, VENEZUELAN PRESIDENT, ON ZELAYA'S JOURNEY HOME

President Oscar Arias have been stalled for weeks over the interim government's refusal to accept Zelaya's reinstatement.

He also summoned his countrymen to come to the capital for peaceful protests and urged the army to avoid attacking his supporters.

"It is the moment of reconciliation," he said.

There was no immediate response from interim President Roberto Micheletti, who took power after Zelaya's ouster. Micheletti has promised to step aside after scheduled presidential elections in November.

On Monday evening, the interim government ordered a 15-hour curfew until 7 a.m., due to "the events of the last few hours." (AP)

Tape Shows Militia Drills in Somalia

Crowd vows support for bin Laden in film by insurgent group

NAIROBI, KENYA | An Islamic insurgent group that controls much of lawless Somalia has released a video showing its members vowing allegiance to Osama bin Laden, training in dusty camps and slam-

ming Somalia's U.S.-backed president as a traitor.

The tape was released late Sunday by al-Shabab, an insurgent group that last week hit the African Union peacekeeping base with suicide car bombs, killing 21 people in the deadliest single attack on peacekeepers since they arrived in 2007.

Al-Shabab said the Thursday



A film released by insurgents on Sunday shows a militia training in Somalia.

attack at Mogadishu's airport was in retaliation for a U.S. commando raid on Sept. 14 that killed al-Qaeda operative Saleh Ali Saleh Nabhan in southern Somalia.

The U.S. has become increasingly concerned that al-Qaeda insurgents are moving into Somalia.

The video showed the Shabab militia in training, leaping over piles of sandbags, crawling on the ground and shooting at targets. The video also showed crowds chanting, "At your service, Osama!" (AP)



WARNINGS What Light Through Yonder Roof Breaks? The wooden roof beams that hang over the grave of William Shakespeare in the Holy Trinity Church in Stratford-upon-Avon, England, are quickly rotting and putting the roof in danger of collapsing, wire services said Monday. The group dedicated to preserving the 800-year-old church is asking the public for donations to fund the urgent repairs, which are expected to cost more than \$80,000. Shakespeare was baptized and buried in the church. (EXPRESS)

Germans Rethink Afghan Mission

Threats by al-Qaeda, criticism push war to forefront of election

BERLIN | New threats by al-Qaeda and fierce criticism of the German-ordered Sept. 4 airstrike that killed dozens have pushed Germany's mission in Afghanistan to the forefront of this country's national election campaign.

Chancellor Angela Merkel, like her main rival in Sunday's vote, Foreign Minister Frank-Walter Steinmeier, has steadfastly backed the deployment even though polls say half the public wants the 4,220 soldiers to come home.



A woman rides past national election campaign billboards in Berlin featuring German candidate Frank-Walter Steinmeier, left, and Chancellor Angela Merkel.

On Monday, Merkel urged calm over the terror threats against Germans if they do not elect can-

didates who will end the mission, saying "people can be confident that everything is being done for

their security."

Despite her reassuring words — and a visible increase in security measures at train stations and airports with police toting automatic weapons — Afghanistan will be the top foreign policy priority for whoever wins the election.

"Afghanistan has slowly grown into a real problem for German politicians," said Eberhard Sand-schneider of the German Council on Foreign Relations, noting that

about 90 percent of lawmakers support the mission.

"Sooner or later, that will lead to a highly problematic situation," he said.

Heading into the election, only the minor Left party campaigned on that issue, and both Merkel and Steinmeier were happy to ignore it. That changed on Sept. 4 after a German army colonel called in a U.S. airstrike on a pair of hijacked tanker trucks in northern Afghanistan. The bombing appears to have killed dozens of Afghan civilians.

A video surfaced Friday featuring an al-Qaeda extremist threatening Germans with "a rude awakening after the elections" if they did not push their political parties to pull out the soldiers. KIRSTEN GRIE-SHABER AND MELISSA EDDY (AP)

55

The percentage of Germans who want their troops to leave Afghanistan, according to a Forsa institute poll taken Sept. 10-11.



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World

Ahmadinejad Proud of Provocation

Iran's president stands by his latest remarks denying Holocaust

TEHRAN, IRAN | Iran's president said Monday he is proud to stoke international outrage with his latest remarks denying the Holocaust as he heads for the United Nations this week — showing he is as defiant as ever while his country comes under greater pressure to curtail its nuclear program.

Mahmoud Ahmadinejad takes the world stage with a speech Wednesday to the U.N. General



Iranian President Mahmoud Ahmadinejad speaks on Friday in Tehran, Iran.

Assembly. He appears intent on showing he has not been weakened by three months of turmoil at home, where the pro-reform opposition protested Ahmadinejad's victory in June elections.

Ahmadinejad has a reason to try to present his government as strong: On Oct. 1, Iran is to enter key negotiations with the U.S. and other powers seeking concessions on Iran's nuclear program.

This will be Ahmadinejad's fifth appearance at the annual General Assembly since 2005.

He stoked the fires before the visit with new comments casting doubt on the Holocaust. When asked about condemnation of the remarks, Ahmadinejad said: "The anger of the world's professional killers is [a source of] pride for us," according to state news agency IRNA. (AP)



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World

French Rivals Duel in Trial

Former PM Villepin lashes out at Sarkozy over slander charges

PARIS | Former prime minister Dominique de Villepin lashed out at French President Nicolas Sarkozy on Monday at the start of a slander trial involving alleged dirty tricks by top politicians and businessmen.

"I am here because of the determination of one man: Nicolas Sarkozy," Villepin said before taking his place on the defendants' bench. He suggested Sarkozy was using the trial in France's so-called "Clearstream affair" as a political weapon.

Sarkozy claims Villepin was behind a smear campaign aimed at thwarting Sarkozy's bid for the



Ex-French prime minister Dominique de Villepin, right, talks to reporters Monday.

presidency in 2007. Sarkozy is one of about 40 plaintiffs in the trial, which also will delve into old international arms deals, offshore bank accounts and the French aviation and defense industries.

Villepin is accused of complicity in slander and complicity in

forgery. He denies wrongdoing, but the trial could dash the political ambitions of the eloquent diplomat, known for his 2003 U.N. speech urging the United States not to invade Iraq.

"I will emerge free and clear," Villepin said before the trial began, standing alongside his wife and three children. "I know that truth will triumph."

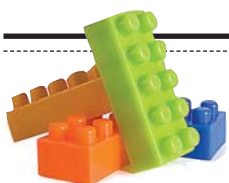
Once the trial started, Sarkozy's lawyer complained that Villepin had lobbed "an insult" at the court system for suggesting it was not neutral and had been influenced by the president. Thierry Herzog asked Villepin to "have confidence in the justice system."

About 20 witnesses are expected to testify in the trial, scheduled to run through Oct. 21. VERENA VON DERSCHAU (AP)

ROME | ITALIANS MOURN AFGHAN WAR DEAD



SCENE OF SORROW: A boy cries as he stands next to the flag-draped coffin of his father in the Saint Paul Outside the Walls basilica in Rome on Monday during a state funeral for six Italian soldiers who were killed in Afghanistan Sept. 17. Italy observed a national day of mourning for the soldiers, whose deaths led to Italy's bloodiest day yet in the Afghan war.



TOYS Not-So-Fantastic Plastic A life-sized two-story house built entirely of Legos is slated for demolition in England on Tuesday, after no buyers emerged to pay to disassemble and reassemble the structure of 3.3 million plastic bricks, Dailymail.co.uk reported. About 1,000 volunteers built the house on a vineyard for a BBC TV show. (EXPRESS)

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Pr. George's Announces 125 Layoffs

As many as 125 Prince George's County employees will be laid off Nov. 1 to help close a budget gap left by nearly \$23 million in recent state funding cuts, County Executive Jack B. Johnson announced Monday.

The announcement of the county's first round of layoffs during the current economic downturn



Johnson

underscores the worsening financial picture in Prince George's, where officials have already tried other cost-cutting measures including furloughs, a hiring freeze and the elimination of vacant positions.

"I have tried very hard during the 18 months of this economic downturn to prevent job losses," Johnson said in a statement. "As a result of the state cuts four weeks ago, I have nowhere else to look, and I am forced to announce the layoffs of county employees."

County employees being laid off will be notified Oct. 2 with an effective date of Nov. 1. JONATHAN MUMMOLO (THE WASHINGTON POST)

Dulles Expands Arrivals Building

Va. airport opens hall to help handle more international travelers

Dulles International Airport will open an expanded international arrivals building Tuesday, eliminating some of the waiting time in customs and immigration processing lines.

Airport officials on Monday showed off the building's 41,400-square-foot arrivals hall, which has double the capacity of the old facility. The building boosts the number of inspection positions from 38 to 50. It has a higher ceiling, brighter lights, flat-screens and an extended view of the rear of the Eero Saarinen-designed main terminal. The airport said the price tag was \$77 million.

James E. Bennett, chief executive of the Metropolitan Washington Airports Authority, said Dulles needed the new building to accommodate growth in international air service. Dulles served



The expanded international arrivals building at Dulles International Airport has more room than the old facility, which will help expedite travelers' processing time.

about 1.4 million international travelers a year in 1991 when the original building was constructed, compared with 6.2 million last year, he said.

The airport said the added area will allow U.S. Customs and Border Protection Services to process 2,400 passengers an hour, up from

“As the international market continues to grow, this will give us the ability to handle that growth.”

JAMES BENNETT, CEO, METROPOLITAN WASHINGTON AIRPORTS AUTHORITY

1,400 in the old space. The original space used for processing will be devoted to expanding the baggage claim area.

The improvements are also meant to boost Dulles as a draw for airlines seeking to increase international service, a lucrative segment in the hard-hit travel industry. Last spring, Dulles added nonstop service to Moscow and Geneva; last fall, it added the Colombian airline Avianca, which flies to Bogota. Germany's Lufthansa also opened a lounge at the airport this year. Dulles is expecting its first A380 double-deck airliner in 2010.

“As the international market continues to grow, this will give us the ability to handle that growth and provide better service to customers,” Bennett said. SHOLNN FREEMAN (THE WASHINGTON POST)

6.2

The number, in millions, of international travelers Dulles served last year, up from 1.4 million travelers in 1991.

The Lotteries

Monday, Sept. 21

DISTRICT

Mid-day Lucky Numbers **8-2-5**
Evening Lucky Numbers (Sun.) **7-8-0**

Mid-day DC 4 **5-4-5-0**
Evening DC 4 (Sun.) **9-9-5-1**
Mid-day D.C. Five **7-3-4-5-7**
Evening D.C. Five (Sun.) **3-9-0-2-5**
Daily 6 (Sun.) **5-10-14-16-29-34 (25)**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

MARYLAND

Mid-day Pick 3 **5-3-0**
Evening Pick 3 (Sun.) **0-1-6**
Mid-day Pick 4 **4-7-0-5**
Evening Pick 4 (Sun.) **9-9-2-1**
Match 5 (Sun.) **3-16-19-22-39 (26)**

VIRGINIA

Mid-day Pick 3 **2-2-3**
Evening Pick 3 (Sun.) **1-3-0**
Mid-day Pick 4 **1-0-7-9**
Evening Pick 4 (Sun.) **8-0-1-6**
Mid-day Cash 5 (Sun.) **2-6-28-31-32**
Evening Cash 5 (Sun.) **14-18-27-31-33**

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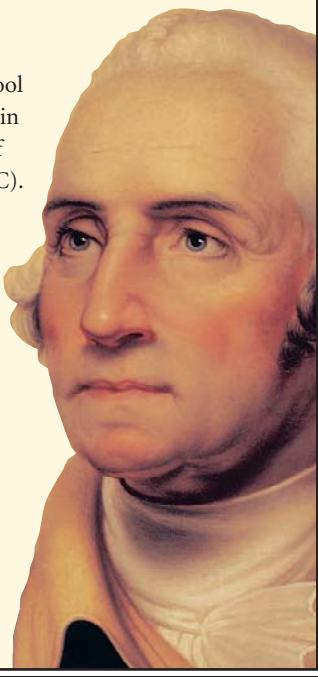
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Local

D.C. Bike Memorial Cleared


DDOT calls Dupont street-corner bicycles a pedestrian hazard

The quirky urban streetscape that memorialized the death of cyclist Alice Swanson in the District has been swept up by city workers and carted away from the intersection of 20th and R streets NW.

The memorial was established with a single bicycle painted stark white and chained to a lamp post not long after she was crushed by a turning garbage truck as she biked to work in July last year.

The white bicycle became something of a symbol to city cyclists, and it stayed chained to the pole by the Church of Scientology for more than a year before the Department of Public Works cut the chain and hauled it away.

Legba Carrefour, who rides a bicycle but did not know Swanson, was so distressed by its removal



On Friday, D.C. removed the 23 ghost bicycles at 20th and R streets NW that served as a memorial to Alice Swanson, who was killed while bicycling there in July 2008.

that he and his fellow riders delivered 22 white bikes to the intersection before dawn one day this month. He said he expected all but one of them, the one chained in place where the first had been, would disappear. He vowed the bikes would be replaced if the city took it away.


On Friday, city workers col-

lected the remaining white bikes, cut the chain on "Alice's" bike and cleared all of them away.

"Somebody had piled them up at two locations on the sidewalk," said Karyn LeBlanc of the District Department of Transportation. "They were a pedestrian hazard." ASHLEY HALSEY III (THE WASHINGTON POST)

11 THE NUMBER OF MARYLAND HIGH SCHOOL SENIORS who did not graduate in 2009 after failing the state's new required exit exams. The class of 2009 was the first required to pass the High School Assessments — a set of four exams in English, algebra, biology and government — to earn a diploma. (TWP)


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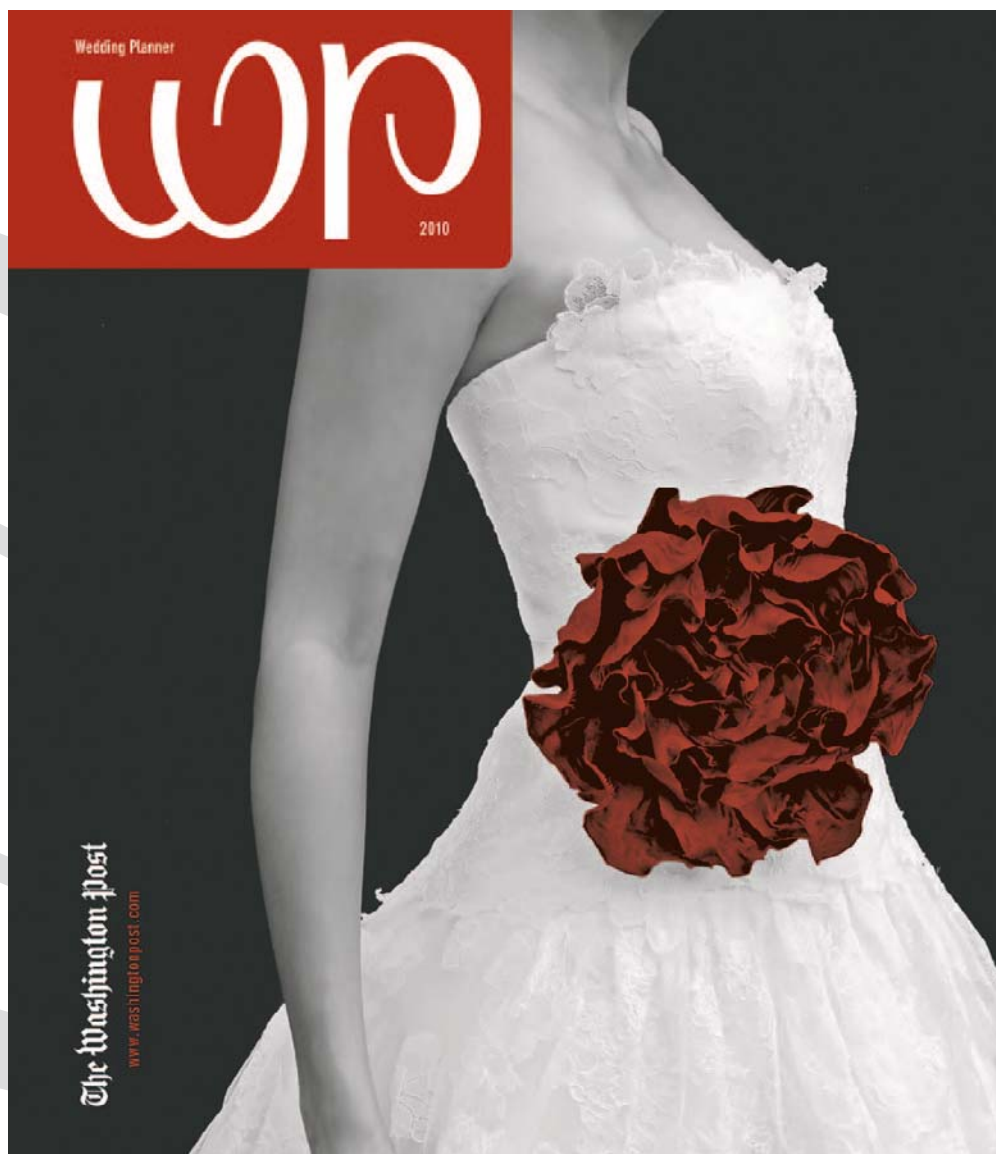
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Redskins Struggling to Find Points

Zorn defends strategy after his offense fails to score a touchdown

REDSKINS | For Jim Zorn, there is always an explanation for why a specific play didn't work, and each day that follows a game during the Redskins' season, he spends time investigating the particulars on every snap.

On Monday, he went over the 69 plays his offensive unit ran in Sunday's 9-7 victory over the St. Louis Rams. Twenty-one of those plays resulted in first downs. Seven went for at least 15 yards.

None — not even the dozen plays the Redskins ran inside the Rams' 10-yard line — led to a touchdown.

"If I could see it now, if I could see every play that was going to fail before it failed, I wouldn't call it," Zorn said. "But I felt very confident, because we work on it. It's not a grab-bag situation."



Clinton Portis and the Redskins have scored just one offensive touchdown this year.

Eighteen games into Zorn's tenure as both the Redskins' head coach and play caller, Washington has averaged 16.2 points and 1.5 offensive touchdowns per game, and is still very much looking for an offensive identity.

On Monday, he considered his vision for the offense, the difference between what he is seeing and what he would like to see. "I think

[my vision] would look like we are between the 20s, right?" Zorn said. "Because we're moving the ball. We're making big plays."

But "as soon as we get inside the 20, something happens," center Casey Rabach said. Then came the question no one could answer: Why? "If I knew that," Rabach said, "we'd be scoring points."

BARRY SVRLUGA (THE WASHINGTON POST)



Jurgensen

Zorn

TOUGHEST CRITIC

Hall of Fame quarterback Sonny Jurgensen joined the chorus line of those slamming Jim Zorn:

→ During a post-game interview with Zorn on ESPN 980, the legendary Redskins player and announcer took exception to Clinton Portis' failed halfback option during Sunday's win. "Third down, I'm the quarterback, and you call the halfback throwing the ball for me, I'm calling timeout or calling an audible," said Jurgensen. "I'm not letting the halfback throw it. That's what you pay me for." Zorn's response: "Well, then, I would have to take you out of the game. As soon as you called timeout, I'd say what's wrong with my play, because ..." Jurgensen then interrupted: "It didn't work!"

(THE WASHINGTON POST)



Guard Randy Thomas' injury leaves the Redskins' offensive line even thinner.

Torn Triceps Ends Thomas' Season, Perhaps Career

REDSKINS | Randy Thomas is out with a season-ending, perhaps career-ending, triceps injury. Now the Washington Redskins have to figure out how to plug the hole in an already thin offensive line.

Coach Jim Zorn said Monday the veteran right guard has a complete tear of the right triceps, suffered in Sunday's 9-7 win over the St. Louis Rams. Thomas will have surgery this week and will be placed on injured reserve. "We're really disappointed," Zorn said. "He is very disappointed."

One option to start next week against the Detroit Lions is Will Montgomery, who last started a game in 2007 and filled in after Thomas left Sunday. Another is second-year player Chad Rinehart, who has never played in an NFL game. (AP)

CONFLICTS Football Rules The NFL said Monday it will not swap sites for this season's Packers-Vikings games in case the baseball playoffs get in the way at the Metrodome. Green Bay plays at Minnesota on Oct. 5, pitting Brett Favre against his old team. Meanwhile, the Minnesota Twins trail Detroit by three games in the AL Central with 13 games left. If the two teams finish tied for first place, the Twins will host a tiebreaker game Oct. 5 if they beat the Tigers in the overall season series. (AP)



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REDSKINS | BY MATT SWENSON

Zorn Is Lacking Leadership Skills

DAN SNYDER must have felt like a genius.

There he was — having picked a no-name assistant with no head-coaching experience to replace Joe Gibbs — sitting on a 6-2 record halfway through the 2008 season.

Owners everywhere must have been asking how they missed out on Jim Zorn, who hadn't even served as an offensive coordinator — the job he was originally tapped for in Washington.



Redskins head coach Jim Zorn exhales after eking out a 9-7 victory Sunday.

Ten regular-season games and nearly one year later, it makes a lot more sense why Zorn had never been a top assistant, let alone a head coach. Simply put, he doesn't seem to inspire a team.

While I certainly don't have the credentials to evaluate Zorn's offensive schemes, I can tell when

players look listless. Sunday's 9-7 victory over the Rams is a perfect example. St. Louis is hardly a formidable foe, yet the Redskins couldn't crack the end zone.

It was the culmination of a long series of mediocre showings by an offense that seemingly hasn't adjusted well to Zorn's system.

Never has an NFL team looked so bland as the Redskins have under Zorn. That's not schemes as much as a team looking flat.

On the positive side, if Snyder goes after Jon Gruden or Mike Shanahan to replace Zorn, they, too, run a West Coast offense. That will cut down on any transition, and then the Redskins will have a real leader in place.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

WRESTLING | CAUGHT IN A TWIST



A LEG UP: Azerbaijan's Khetag Gazyumov grapples with Turkey's Serhat Balci at the World Wrestling Championships on Monday in Herning, Denmark.

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Elisa and Jamil on a picnic in Fort DuPont Park.

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Sports

Rookie Regrets His Tweet

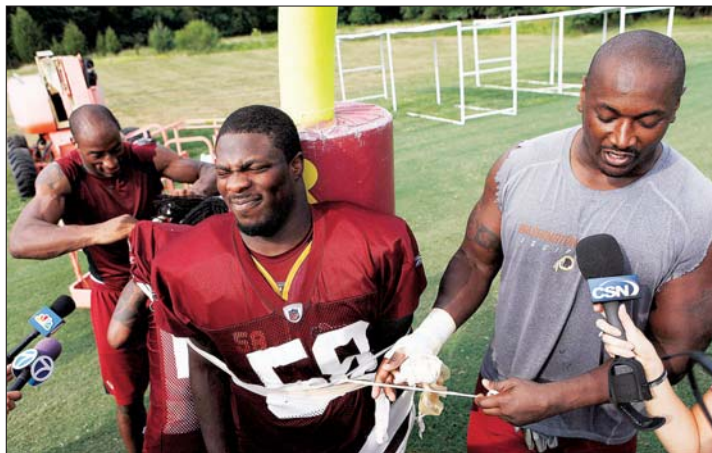
Redskins' Henson apologizes for calling boobirds 'dim wits'

REDSKINS | Here's a new rite of passage for an NFL rookie: being chastised by the head coach and apologizing publicly for using Twitter to call booing fans "dim wits."

Linebacker Robert Henson has yet to play in a regular-season game for the Redskins, yet he drew plenty of attention from veteran teammates and coach Jim Zorn on Monday after tweeting about the home crowd at Washington's 9-7 victory over St. Louis.

Fans booed during and after the game.

After the victory, Henson tweeted: "All you fake half hearted Skins fan can .. I won't go there but I dislike you very strongly,



Rookie Robert Henson is tied to a goalpost during a training camp hazing ritual.

don't come to Fed Ex to boo dim wits!!"

Later, Henson updated his Twitter account with an apology.

"I understand the weight that my words carried and, you know, how I offended some fans," he told reporters at Redskins Park.

He added that he apologized "not because I'm scared, but just because it was the right thing to do. And I sincerely apologize to all the fans. I hope to have a long, prosperous career here, and I don't want anybody booing me or just being negative towards me." (AP)

In Brief

NFL

Kolb Slated to Start Again For Philly if McNabb Is Out

Kevin Kolb will make his second-straight start for the Philadelphia Eagles if Donovan McNabb can't play against Kansas City. Coach Andy Reid isn't sure whether Jeff Garcia or Michael Vick would be the backup quarterback in that scenario. Vick is eligible to play for the first time after serving a two-game suspension for his role in running a dogfighting ring. (AP)



Kolb

BASEBALL

Astros Fire Skipper With Season Winding Down

The Houston Astros fired manager Cecil Cooper on Monday with just weeks left in the season. The Astros are 70-79 and have lost seven-straight games. Third-base coach Dave Clark will take over as interim manager for the final 13 games this season. (AP)



FLU Cure-All Texas Longhorns quarterback Colt McCoy had the flu last week and says he really didn't start feeling better until the second half of the Longhorns' win over Texas Tech on Saturday night. The solution: eating peanut butter-and-jelly sandwiches at halftime and drinking grape Pedialyte, a hydration beverage for children. (AP)

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Sports



Hokies receiver Danny Coale runs after making the big catch in Saturday's game.

Va. Tech Relives Comeback Victory

Hokies say they kept believing improbable rally was a possibility

HOKIES FOOTBALL | The hundreds of fans who rushed the field in delirious celebration after Virginia Tech's most improbable of comeback victories had long since been ushered away, and the Hokies players were left insisting they were not at all surprised.

"On that last drive, when everyone was thinking we were going to lose, everyone on the sidelines was confident — extremely confident," defensive end Jason Worilds said Saturday after Virginia Tech scored a touchdown with 21 seconds left and beat Nebraska 16-15.

The key to the comeback was

quarterback Tyrod Taylor, who had struggled all game but told himself: "Stay focused. One play away. A big gain can happen at any time."

Trailing 15-10 with less than two minutes remaining, Taylor dropped back, looked left and then lofted a long pass that Danny Coale caught in stride, heading up the field until being pushed out of bounds at the 3.

After a first-down sack pushed the Hokies back eight yards, Taylor made another great play on third down by dodging the rush before finally firing a bullet to receiver Dyrell Roberts. Touchdown.

"The game slowed down for me," Taylor said. "It felt like everything was going in slow motion. I felt like I was in control out there."

HANK KURZ JR. (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) The Nats start their final home stand of the season against the Dodgers, who are five games ahead in the NL West.

ORIOLES (7 P.M. ON MASN2) Despite their worst efforts, the Orioles have no shot at catching the Nationals for

baseball's worst record when they play the Blue Jays.

BASEBALL (7 P.M. ON ESPN2) In an example of why we might need football on seven days a week, the Triple-A baseball championship is the only sport on national TV Tuesday night.

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fit



Take your workout to new heights by learning parkour techniques **E5**



What you can learn from your vending machine choices **E6**

express

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no brain, no gain

BETHESDA'S MINDFULNESS CENTER PROMOTES EXERCISE WITH AWARENESS **E4**

BaggageCheck

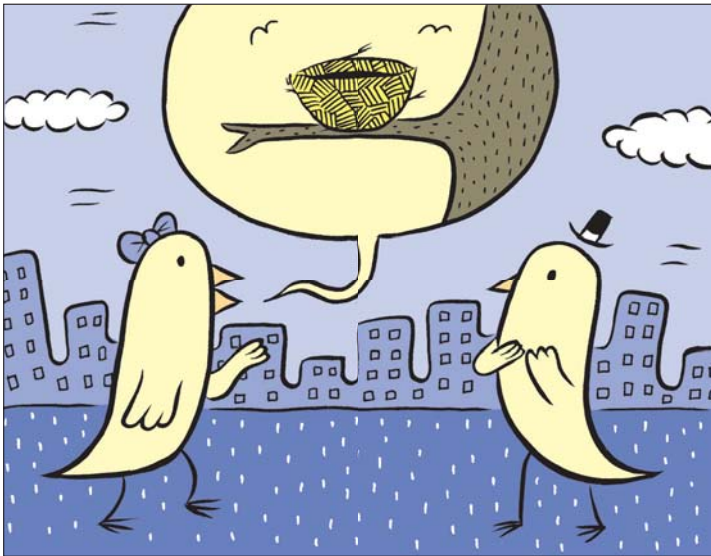


GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Move Together Even If You're Not Moving In

Q For two years I've been hoping to move in with my boyfriend (of four and a half years). His lease just ended, and we had said we'd re-evaluate and think about getting a place together. (I can't live in his place because my commute would really suck.) He kept putting things off, never had time to go to open houses and now has renewed his lease again. I'm so frustrated. He says he wants to take the next step forward but then never does. I feel like I am putting all the effort into this and I don't know at what point to give up. — HELP!

I understand your frustration. But the person who can help most is your boyfriend, because, frankly,



it's up to him to decide whether he wants to compromise, to get on the same page as you or to stay in an entirely different book altogether.

You have to be honest about the fact that you're frustrated and

confused, and you have to try to get him to open up about his feelings and be honest about what he really wants. For some people, this is harder than hang gliding — so make things as easy as possible by doing it at a time when you have

plenty of time and privacy. This whole issue is deeper than who lives on which street: It seems like there's a fundamental imbalance in priorities, and you have to be direct about it. Talk it out, hash it out, and, possibly, cry it out.

Out of Control At the Office

Q My boss and I have a very unhealthy relationship. She knows no boundaries and is in my personal business all the time. She asks very personal questions and uses them to put me down or try to manipulate me. She undercuts me at all turns and treats me like a child. It has gotten to the point that my stomach is in knots when I commute to work. I have started looking for jobs, but I feel so stuck because of the economy. — UGH

Feeling like you have no control over your life can create a vicious cycle that makes you even more

miserable. Look for autonomy in other ways outside the office by taking on a new project at home, picking up a new hobby or planning a little relaxing getaway. Even something such as redecorating or growing herbs (but not that kind!) can make you feel more in control.

At work itself, add some extra coping mechanisms to help you plow through your days. New breathing techniques, journaling, listening to music, visualization, taking a quick walk and even yoga-at-your-desk moves (they exist!) can help you get through those extra-stressful moments. Finally, keep up the job search. Yes, the economy seems to stink, but there are signs that it's improving. If you start to falter and let up on the search, you're giving up your best possible escape hatch.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Your first stop before your night out.



Silver Spring

Concerts, movies, events, restaurants and more.



Look for site highlights in today's Express.

BRAIN WAVES



It's unclear what Neuro drinks (\$36.99/12-pack, Drinkneuro.com) have to do with the brain, other than that it's a smart marketing idea to put enhanced beverages — which claim to help you sleep, slim down and more — in hip bottles. The fake-sugary (but still pleasant) liquid inside has just 35 calories.



REAR VIEW



Denise Austin seems to know only a limited number of encouraging remarks about lower-body exercises ("Make your bottom half your better half!"), but she sure knows a lot of moves, and they're on display in "Best Bun and Leg Shapers" (\$14.98, Lionsgate). Seven short segments mean you can mix it up.



COME CLEAN



Your sweat is organic, but that doesn't mean you want to roll around in it. Keep your yoga mat fresh with Mat Renew (\$5-\$29, Manduka.com), a disinfectant spiked with essential oils, such as gingergrass, shown, which is supposed to reduce stress. Certainly, knowing you have a clean mat must help with that.



NEW
IN HEALTH
**warm
ups**



ALL AROUND TOWN



Want the length and warmth of leggings but the tush-obscuring power of a skirt? You've got it with the RunAround (\$79, Skirtsports.com). The design, which works for IOK training or just running errands, also comes in black.

GUINEA PIG



COURTESY PROGRESSO

Better Stick With
A Soup of the Day

■ Fiber is so hot right now. And with the introduction of Progresso's high-fiber soups (Chicken Tuscany, Creamy Tomato Basil, Hearty Vegetable and Noodles, and Homestyle Minestrone), we mean that literally. One serving of steaming goodness holds 28 percent of the daily recommended amount of fiber — a power nutrient known to promote intestinal health and satiety.

Slurping up the soup, it's hard to believe anyone could detect the additional ingredient. The stuff doesn't have the grainy texture you might expect. But while that's good news for the woefully fiber deficient, it also means it'll be easy to overdo it. A full can of soup along with two slices of whole grain bread takes you up to your daily dose. Have a piece of fruit for dessert and get ready for crazy bloating. We warned you. VICKY HALLETT (EXPRESS)

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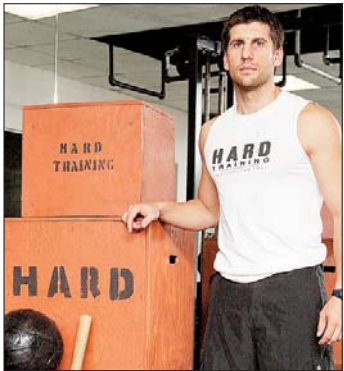
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BODYTALK



The Hard Way To Get Into Shape

■ **HARD TRAINING CLUB** (1726 Kalorama Road NW; 202-234-4273; Hardtrainingclub.com) isn't like other gyms. Instead of boasting about fancy name-brand equipment, founder Mark Schuler brags he has "a guy" who hand-welded the machines himself. Rather than tout a state-of-the-art entertainment system, Schuler stiffens up with pride when he declares, "We don't have any TVs." There are also no locker rooms, no group fitness studios and no membership staff.

So, what does it have? "A family," says Schuler, who believes the fitness industry has taken a wrong turn in the past few years as health clubs have become more about pampering than pumping. With this small, two-story, "no frills" facility in Adams Morgan, he hopes to get back to the old days of weight training. The sort of amenities you can expect here are homemade medicine balls (made out of a basketball, sand, liquid nails and duct tape) and barbells. There's a rope to climb and a tire to hit with a sledgehammer. "You can bang stuff as much as you want. We're open-minded," Schuler says.

The cost for joining (\$45 per month and up), while lower than many other gyms in the area, may still seem high. But Schuler says that's because the goal is to keep membership numbers limited. "You won't go nameless here," he promises. And after enough time with the Hard family, you won't go away feeling weak, either. *v.h.*



Deborah Norris, left, assists one of her students. Alignment and proper muscle firing are key to her mind-body techniques.

Always on the Mind

A new studio in Bethesda blends fitness, wellness and meditation

When Deborah Norris asks her students, "Are you ready for the change of seasons?" at the start of class, she's not making small talk. She expects them to really consider the question and examine how they feel mentally, emotionally and physically about the cooling air. Their answers are critical because Mind Body Sculpting is about more than building muscles; it's about bulking up awareness.

What It Is

The class is one of the offerings at Norris' new studio, the Mindfulness Center, which aims to teach what Norris calls "optimal living."

Through meditation (for adults, couples and kids) and specialized fitness courses, students can find the inner connections they've often lost. "We want to get the whole body to wake up," explains Norris, who is also American University's psychologist in residence.

To do that, in Mind Body Sculpting, she takes the approach of a yoga teacher and applies it to the moves of an aerobics instructor. With every shift of position, Norris reminds her students to notice what they're feeling and where. As she introduces new exercises, she gives detailed explanations of why this motion improves strength or promotes proper posture. And instead of allowing her students to crank out rep after rep on their own, she stops by each one to check alignment

and ensure the proper muscles are firing.

Where It Is

The experience begins when you walk into the center, perched on the second floor of a building in downtown Bethesda, but seemingly far away from the bustle of the street. "I think it feels like a tree house," Norris says. That's partially because of the view of leafy branches, but it may be more due to a cultivated calm in the space. A feng shui consultant recommended the octagonal reception area with the fitness studio and several treatment rooms (for acupuncture, nutrition counseling and more) radiating from it. A carafe of orange juice awaits students in the morning to give them a pick-me-up before or



after class, and, most memorably, a golden statue of Kermit the Frog meditating sits on a blue pouf as an inspiration to all.

Moves

For a warm-up, Norris likes to rely on the yoga pose down dog. "It's a great stretch — that's why animals do it," she says. Plus, the fact that it's an inversion appeals to her: "Spending time with your head as low as possible gets blood flow going." From there, she might segue into reverse push-ups. That's when you start in the top position of the exercise and slowly lower yourself down. It's easier than performing the traditional movement, while still building the same muscles. Then it could be time for the back, a body part she finds people usually ignore. Lying on your stomach, with your arms pointed out to the sides, activate the shoulder blades to squeeze together as though there's a pencil to grab between them. The legs, abs and everything else get covered along with thorough stretching.

Workout

Many of these are subtle actions and rely exclusively on body weight. But that doesn't mean they're not difficult. Some exercises — such as triceps dips — are sure to tire you out, and others present a different kind of challenge as Norris encourages you to wake up the lazy muscles that have a tendency to let their neighbors handle the work. "Imagine you're growing the pathways between your brain and your body," she says.

Crowd

The women who've flocked to the class in the studio's first week of business appreciate Norris' style. "The imagery helps me figure out what we're trying to achieve. That brings my body more alive than pound, pound, pound," says Nancy Voit, 45. And they look forward to more muscles and mindfulness.

VICKY HALLETT (EXPRESS)

Held four times a week (\$20/class) at 4963 Elm St., Bethesda. Find schedule at Themindfulnesscenter.com.

Phys Ed | fit



LAWRENCE LUK

Sean Hannah plans to take his students out of the gym and into the urban jungle to find obstacles such as railings and ledges.

Over-the-Top Exercise

Parkour teaches you how to climb and leap while you're on the run

Being driven up the wall by work is no good, but driving yourself up the wall for a workout can have some real fitness benefits. That's what Sean Hannah, a trainer at the Sports Club/LA (1170 22nd St. NW; 202-974-6600; Mpsportsclub.com), learned after discovering parkour, a sport that looks like a chase sequence from an action movie.

The idea is to run in a straight line, overcoming any obstacles in your way by scaling, vaulting and leaping (and it already has a following in D.C., thanks to Primal Fitness in Mount Vernon Square, the first parkour-based gym in the world).

Acting like a stunt man might not sound like something for everyone. After all, as Hannah says, "Most people will never have to jump off a building." But working these skills at a basic level can still

help you better navigate wherever you're going in life, which is why he's offering a parkour workshop at the club Thursday night (6 p.m.-7:30 p.m., contact Sean at seanhannah@mp-trainer.com to register).

The fun will kick off with an activity he calls "movement origami." He'll start the group in a simple position, such as in a squat with one arm touching the floor and another reaching toward the sky, and then students will "add kinks." The first one might tell the group to slide their right legs out to the side, then the next might have everyone pivot so they're in runner's lunges. It's a quick way to simultaneously warm up the body and mind, which are both critical to parkour success.

To boost agility, Hannah next plans to go through a series of quadrupedal drills. Moving on all fours like various animals forces every muscle to wake up and makes it easier to recognize that walking upright isn't the only way to travel.

Then it's on to the nitty-gritty of parkour. How do you get over a 3-foot-high ledge? You could just

jump if you can get high enough, or you can push off with your hands to vault. And if you can't do either on the first try (which is likely), Hannah will break down the movement into its parts — the jump, the shove, the foot placement, the momentum transfer — until you get it. And if you don't, "it's a workout just to fail," he reminds.

Yet, the appeal of parkour to Hannah is that it never seems like a workout. "It makes me feel like I'm a kid exploring. As a child, I never needed an excuse to climb something," he says.

If you need one these days, think about what a continuous 15-minute parkour run — which is how the workshop will end — can do for your body. You'll get cardio from raising your heart rate, power from hopping and hurdling, muscle from pulling and pushing. "It makes you more everything: strong, agile, fast," Hannah says.

But it won't make you injured. Or, at least, that's the hope, so you can work on running up walls next time. VICKY HALLETT (EXPRESS)

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Decode Your Cravings

What you want to scarf reveals your nutritional needs and more

Who hasn't been in the throes of a food craving so intense that having Jillian Michaels appear in the flesh wouldn't hold you back from that bag of chips or greasy slice of pizza?

But why exactly are these common food joneses so powerful? "Cravings definitely have a physical component, but they also give some insight into the type of person you are," says Alan R. Hirsch, head of the Smell & Taste Treatment and Research Foundation in Chicago and the author of "What Flavor Is Your Personality?" Hirsch should know: He's studied the cravings, food choices and personalities of more than 18,000 people for more than 25 years. Here's something to take away from your midday vending-machine runs or late-night fridge raids besides extra calories.

Salty Food

WHAT IT SAYS ABOUT YOUR BODY

If nothing but the saltiest french fry will do, you may have a mineral deficiency. Studies have shown that women who eat low-calcium diets want salty foods more than those who get enough of the bone



GETTY IMAGES

builder, says Michael Tordoff, a researcher at the Monell Chemical Senses Center in Philadelphia, an institute that studies taste and smell. One possible reason: Sodium temporarily increases calcium levels in the blood, which tricks the body into thinking the problem is solved. But you may have a shortage of other minerals, too. In animal studies, researchers have found that a lack of potassium, calcium and iron causes test sub-

jects to devour table salt.

WHAT IT SAYS ABOUT YOU

You go with the flow. Hirsch's research describes salt lovers as having an "external locus of control," meaning they believe that outside forces, not their own actions, determine their fate.

Chocolate

WHAT IT SAYS ABOUT YOUR BODY

You reach for the chocolate because the flavor makes you swoon — but

it does that because it stimulates the release of serotonin, Hirsch says. It's basically an antidepressant in dessert form that your body instinctively seeks out when your happy chemicals are bottoming out and you need a quick lift.

WHAT IT SAYS ABOUT YOU

That depends on what type of chocolate you long for. Dark chocolate lovers are the life of the party and right in the mix of the team

Chocolates are antidepressants in dessert form that your body seeks out when you need a quick lift.

project at work. Milk chocolate fans are quiet, introspective types. Your idea of a perfect afternoon is a solo run or one-on-one time with a good book.

Spicy Food

WHAT IT SAYS ABOUT YOUR BODY

If you're having trouble cooling down, your body may crave a fiery taste to make you perspire. That may seem counterintuitive, but it helps explain why Mexican food would be popular even when temps are scorching. Some research also suggests that people become addicted to the rush of spicy food — the spiked blood pressure, accelerated heart rate and rapid breathing, says dietician Tammy

Lakatos Shames, a co-author of "The Secret to Skinny."

WHAT IT SAYS ABOUT YOU

You're a perfectionista: You love order, dislike wasting time and sweat the details.

Sweets

WHAT IT SAYS ABOUT YOUR BODY

This is a lot like a chocolate craving — lusting after sweets could indicate that you're looking to boost your mood. Or it could be that you're just low on energy. The body absorbs refined sugars of the candy variety faster than any other type of food, giving you immediate fuel, Shames says.

WHAT IT SAYS ABOUT YOU

Sugar fiends tend to walk toward the wild side, Hirsch says. He describes them as hedonistic, with few regrets. They also like to stand out and feel special.

Sweet + Salty

WHAT IT SAYS ABOUT YOUR BODY

Your body needs glucose and sodium to function properly, so when the cells get sluggish (and you get tired), you reach for the chocolate-covered pretzels to get them revving, Hirsch says.

WHAT IT SAYS ABOUT YOU

You're a loner, but a whiz, too. According to Hirsch's data, people who think a potato chip dipped in chocolate sauce is a match made in sensory heaven tend to be creative but private, to the point that they appear standoffish. BRIDGET DOHERTY (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



EATING IN

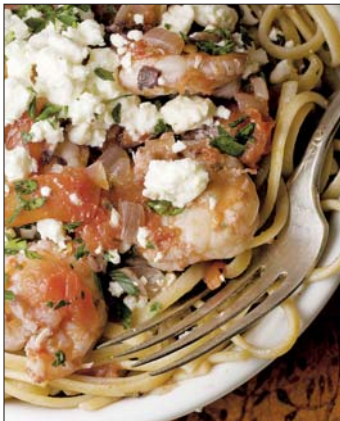
Whole-Grain Pasta With Shrimp, Tomatoes and Feta Cheese

50 MINUTES; SERVES SIX

INGREDIENTS

- 1 TBSP extra-virgin olive oil
- 1 MEDIUM yellow onion, chopped
- 1 TBSP finely chopped garlic
- 28-OUNCE can whole tomatoes, chopped, with 2/3 cup of the juice reserved

- 1/2 CUP dry white wine
- 3 TBSPS chopped flat-leaf parsley, divided
- 1/2 TSP dried oregano
- 1 POUND medium raw shrimp, peeled and deveined
- 12 black olives that have been coarsely chopped
- 1/2 TSP grated lemon zest
- 1/4 TSP salt
- Ground black pepper (season to taste)
- 1 POUND whole-grain linguine
- 1/2 CUP crumbled feta cheese



LARRY CROWE/AP

PREPARATION

1. In a large saucepan over medium heat, heat the oil. Add the onion and saute until it begins to color, about four minutes. Add the garlic and stir for 30 seconds more.
2. Add the tomatoes with reserved juice, wine, 2 tbsps of the parsley and the oregano. Bring to a simmer. Cook over low, stirring occasionally, for 20 minutes.
3. Bring a large pot of salted water to a boil.
4. While the water heats, add the

shrimp, olives and lemon zest to the tomato sauce and simmer until the shrimp are opaque at the center, about three to five minutes. Season with salt and pepper.

5. Cook the linguine according to package directions. Drain and serve topped with the sauce and sprinkled with the feta cheese and the remaining 1 tbsp of chopped parsley. (AP)



494 calories, 11 g protein, 58 g carbs, 13 g fat, 126 mg cholesterol, 889 mg sodium, 13 g fiber

fit

STETHOSCOPE



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GERIATRICS

Nice to Meat You

■ Next time you're out with Mom and Dad, make sure they order steak. A study out of Kyoto Women's University found that middle-aged people who ate meat at least twice a week were more capable of taking care of themselves 19 years later. Sorry, pescatarians: eating fish (or eggs) regularly didn't have the same results. The researchers' theory is that the higher protein consumption may preserve greater muscle mass.

PEDIATRICS

Not Such a Hit

■ Spanking a 1-year-old is far from a wise parenting decision, suggests a new study published in the September/October issue of Child Development. In a sample of 2,500 low-income children, those who were spanked at 1 were more aggressive at 2 and performed worse on thinking ability tests at 3 than children who were not struck on the behind. Verbal punishment didn't seem to cause negative effects, as long as the mother was otherwise loving.

MENTAL HEALTH

Stayin' Alive — Barely

■ Here's a depressing stat: 8.3 million American adults seriously considered suicide last year. In a first-of-its-kind survey conducted by the Substance Abuse and Mental Health Services Administration, the youngest group (those 18-25) was the most likely to think about, plan and attempt suicide. Those with substance abuse problems were also at increased risk.



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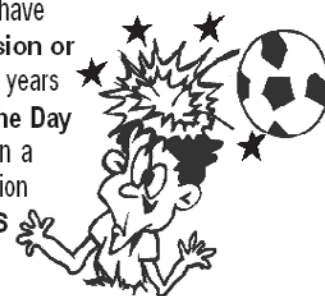
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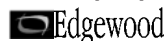
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Fishing for Work

Kate Gosselin lets it be known that she wants her own show | **38**

Hesitant Homecoming

The Walkmen return to their old stomping grounds in support of the album 'You & Me'

MUSIC | Hamilton Leithauser isn't too fond of homecomings, so don't expect an extra-special show when his New York-based band, the Walkmen, returns to its Washington hometown at the 9:30 Club tonight.

"It's like mixed feelings," Leithauser said. "It's always fun to go down there, to see everybody. It's like a big friends-and-family night, which can feel sort of weird. Last time we played there, it was really the first time that none of my friends bothered to come. They finally didn't care, which was kind of nice."

expressnightout

→ To read more of this article and to watch a Walkmen music video and a live performance, visit us online.

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While four out of the band's five members attended St. Albans prep school in Washington and all of them hail from the District, the band moved to New York (with some Boston in between) before it could really hit the D.C. club scene hard. Instead, the band was able to move through the more populated New York circuit.

"There's a lot more people sort of interested in doing" the rock



NATIVE SONS: The Walkmen may have been born and raised in D.C., but they are based in New York and don't play in D.C. often.

thing there, he said. "There's a lot of people that come here just to play."

The band perfected its reverberated, piano-and-guitar-driven garage rock in those New York clubs, slowly building a following in the indie-rock universe. "Bows + Arrows" in 2004 broke the band, with "The Rat" becoming a signature song of sorts. The song's become such a favorite, it made Pitchfork's Top 500 Songs of the 2000s list at No. 20 — oddly placed one spot above Kelly Clark-

son's "Since U Been Gone."

"Honestly, no," Leithauser replied when asked whether he was surprised by the song's placement. "People always like that song a lot."

While "The Rat" helped the band build a solid base, it was last year's "You & Me," that's arguably the band's true masterpiece at this point. The album saw the Walkmen introduce a horn section — an innovation that's becoming as essential to the group's sound as the piano has been.

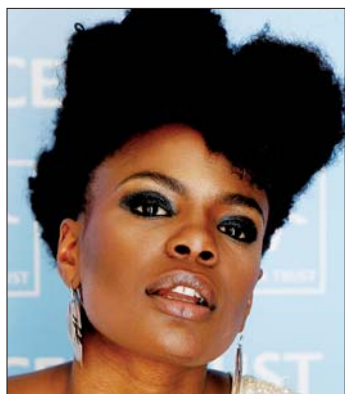
And don't expect it to change

anytime soon — Leithauser said the horns are pretty much part of the band at this point.

As for the show, don't be surprised to hear several new tunes the band's been working on.

"I'm sure we'll do as many as people can stand," he said. "If it was up to us, I'd do 11 new ones, but we can't quite get away with that." **RUDI GREENBERG (EXPRESS)**

→ 9:30 Club, 815 V St. NW; 7 p.m., \$15; 202-265-0930. (U St.-Cardozo)



Noisettes lead singer Shingai Shoniwa.

Noisettes Are Wildly Successful

The British trio strike a beautiful pop-blues balance on a new LP

MUSIC | Jazzy, poppy and bluesy, "Wild Young Hearts" is a perfect title for the Noisettes' new album.

The London trio's follow-up to the debut LP "What's the Time Mr. Wolf" has a joyful, youthful quality about it, highlighted by production by Jim Abbiss, the knob-twister behind Adele's soulful smash debut last year.

Front woman Shingai Shoniwa slides from melodic, vibrato-filled trilling to girl group R&B, always packed with emotion.

The hit dance single "Don't Upset the Rhythm" struts on a disco guitar riff and electro beats. Shoniwa sounds uncannily like Amy Winehouse on the 1960s inflected, catchy "Never Forget You," and she shows off her range more on "Atticus," a lovely acoustic number.

Known for feisty live shows, Noisettes should prove very successful touring behind "Wild Young Hearts." **SOLVEJ SCHOU (AP)**



SERIES 'Hood History Spike Lee and Robert De Niro have teamed with Showtime to develop a drama series about Manhattan's Alphabet City. The project, titled "Alphaville," will be written by John Ridley, with Lee on board to direct the pilot. "Alphaville" is an ensemble drama chronicling Alphabet City's tumultuous past before it became the gentrified East Village. Set during the 1980s, it will re-create the neighborhood's mix of struggling artists living alongside Puerto Rican and black families. (THE HOLLYWOOD REPORTER)

entertainment **lookout**

The Basketball Diarist

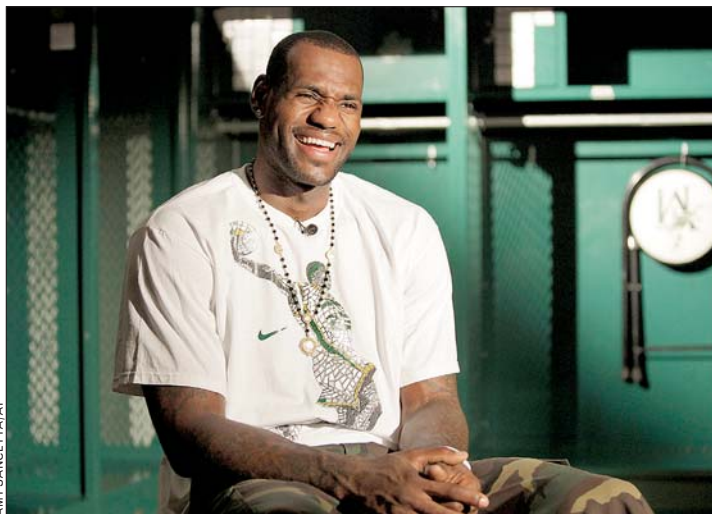
LeBron James shines the spotlight on his teammates in his new book, 'Shooting Stars'

BOOK | LeBron James has gained plenty of attention over the years. Now the Cleveland Cavaliers superstar is sharing the spotlight with the childhood friends who helped him get his first taste of basketball glory.

He's widely regarded as one of the best basketball players in the world. But his high school team wouldn't have won three national championships in four years without the team mates he loved as brothers.

In "Shooting Stars" (\$27, The Penguin Press), co-written by Buzz Bissinger, he tells the story of how he met Dru Joyce III, Sian Cotton and Willie McGee.

Joyce is an undersize point guard whose desire to prove himself is so fierce that he lashes out at anyone who questions his abilities. Cotton is a defensive stopper who rebels against authority, coasting in school so people won't think he's smart. And McGee is the quiet kid who grew up in wilting poverty,



LeBron James' writing is so humble that it tells us hardly anything about him.

which gave him a maturity the other teenagers lacked.

The story focuses so much on these three that a reader might wonder how James was the one who ended up in the NBA. For example, after narrating the events of a compelling game, he lists his teammates' statistics, then adds almost as an aside that he, too, happened to have a good game.

James describes growing up fatherless in Akron, Ohio, where his sleep was often interrupted by

the wail of police sirens. He also talks about his love for playing football and his accomplishments as a talented wide receiver.

But he quickly returns the book's spotlight to his friends.

Doing so maintains the continuity of an interesting story, but readers who want to learn how James got so good will come away disappointed. He doesn't say much about how he developed his talents or honed his work ethic.

DINESH RAMDE (AP)

Quiet, But Not Forgotten

Raekwon breaks a long silence and is received with love

MUSIC | Jay-Z's "The Blueprint 3" might be the week's No. 1 album, but the other major Sept. 8 hip-hop release, Raekwon's "Only Built 4 Cuban Linx...Pt. II," can still claim a victory.



Raekwon performing at Rock the Bells.

For three days during the week of its release, the Wu-Tang Clan member's fourth solo album — and sequel to his 1995 debut, "Only Built 4 Cuban Linx" — was iTunes' No. 1 album, ahead of "Blueprint 3." It debuted at No. 4 on the Billboard 200, selling 68,000 copies. The album also bows at No. 2 on Top R&B/Hip-Hop Albums.

"I was shocked," Raekwon says. "My fans really stuck up for me in a way they never have before. It was one of those joyful, teary moments."

Raekwon's set, by many critical accounts, is a triumph. "Pt. II" picks up deliberately where Raekwon's celebrated solo debut left off — from its kung fu references and rhyme-slaying guest appearances to its cover art, which features Raekwon and Clan-mate Ghostface Killah.

Bolstered by his comeback, Raekwon says he'd like to do another solo album — and this time, he won't keep fans waiting. "As of today, I feel like a new MC," he says. "I know fans want to hear more from me."

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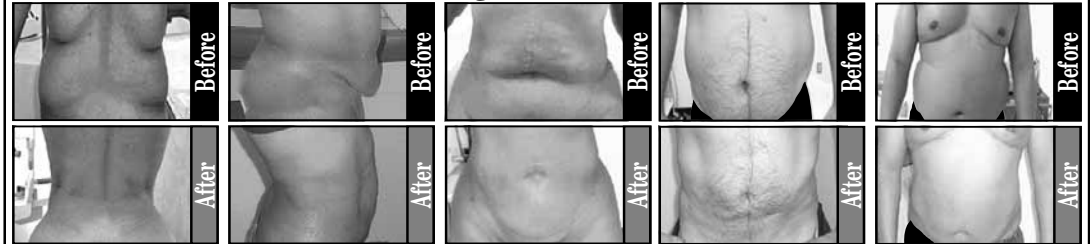
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If so, you may have Major Depression or Bipolar Depression. NIMH is seeking people over the age of 18, with bipolar disorder or depression to participate in research studies. Participants must be free of other serious medical conditions.

There are no costs for participation. Compensation is provided for participation in research studies involving neuropsychological exams and brain imaging. Transportation reimbursement is provided to the NIH Clinical Center in Bethesda, Maryland.

Call: **1-877-646-3644**
(TTY: 1-866-411-1010)
email: moodresearch@mail.nih.gov
<http://patientinfo.nimh.nih.gov>

Atendemos pacientes de habla hispana.

**NIMH**
National Institute of Mental Health

The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
www.clinicaltrials.gov

WeekendPass. Noteworthy. Thursday.

WeekendPass rock. Thursday.

WeekendPass perform. Thursday.

lookout entertainment

Popularity Contest Winner

At 60, Meryl Streep is stealing the hearts and money of the moviegoing masses

ACTRESS | Pop quiz: Over the past three years, which A-list actress has become a potent force at the box office, starring in a string of films that have taken in more than \$1.1 billion worldwide? Is it Angelina Jolie, Reese Witherspoon, Kate Winslet or Sandra Bullock?

If you answered "none of the above," then you are probably already clued in to what has become one of the more surprising success stories to hit Hollywood in quite sometime.

Need a hint? She turned 60

Streep is popular at a time when her peers have been shoved into early quasi-retirement.

in June.

Yes, Meryl Streep, she of the multitude of Oscar nominations, has for the first time in her career become genuinely popular, at a time when most of her female peers have been shoved into early quasi-retirement, and even slightly younger male cohorts, such as Kevin Costner and Bruce Willis, are shedding commercial viability as fast as their hair. The woman, once famed for play-



The older Meryl Streep gets, the more appealing she is to the nation.

ing a suffering Holocaust victim ("Sophie's Choice") and chilly ex-wives ("Manhattan" and "Kramer vs. Kramer") is now best known to audiences of all ages for eating young fashion assistants for breakfast in "The Devil Wears Prada," enthusiastically jumping up and down on a bed, wearing overalls and singing Abba tunes in the \$600 million smash hit "Mamma Mia," and trilling happily in Julia Child's distinctive voice in this summer's "Julie & Julia."

It's been a grim year for the A-list. Many recent expensive star vehicles have fizzled at the box office, including Adam Sandler's "Funny People," Will Ferrell's "Land of the Lost," Russell Crowe's "State of Play" and "The Taking of Pelham 123," which starred John Travolta and Denzel Washington. Even Julia Robert's "Duplicity" failed to connect with moviegoers.

Yet Streep has not only survived but prospered. In the face of the summer's typical onslaught of teenage boy-oriented whammies and explosions, she's gaily offered character and panache, going full tilt after the usually ignored female audience. RACHEL ABRAMOWITZ (LOS ANGELES TIMES)

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Funny to the Very Last Drop

Whether you're a fan or a novice, '30 Rock' season 3 on DVD will keep you chuckling

DVD | You know your favorite television show has made it big when it is adapted into a porn flick.

It's a creepy kiss of success, but one that means enough people both know about your show and enjoy watching it — so much that they'd watch people who look vaguely like the show's stars get naked and happy together.

Like, who cares about the Emmy wins "30 Rock" received for its third season Sunday when "30 Rock: A XXX Parody" is now available? In all seriousness, though, if you're going to spend your hard-earned cash on some DVDs, we'd recommend the actual show, not its lust-

heavy knockoff — the third season of "30 Rock" is one of the funniest things we've watched in ages.

From the fantastic ensemble cast (including Tracy Morgan as Tracy Jordan, Jack McBrayer as page Kenneth and Alec Baldwin as head honcho Jack Donaghy, our favorites) to the bizarre dialogue (why is everything Tina Fey says as Liz Lemon so funny?!), these 22 episodes and the plethora of special features (including audio commentary, deleted scenes, a hilarious fake commercial from Fey and Baldwin's latest introductory monologue from "Saturday Night Live") are totally necessary viewing before the fourth season of "30 Rock" premieres on Oct. 15.

And if this is your first time getting into the "30 Rock" thing, never fear. The story lines are structured such that you can pretty



Alec Baldwin, Tracy Morgan and Tina Fey are the comedic core of NBC's "30 Rock."

much jump right in at any point and rapidly pick up on the characters and their relationships with one another.

Plus, the guest spot from Selma Hayek as Elisa — Jack's Puerto Rican lady love — is also enjoyable, as she displays some comedy chops that add depth to the spicy character.

expressnightout

→ For more television coverage, please visit us online.

WWW.EXPRESSNIGHTOUT.COM

An abundance of special features add to the overall experience, too: Audio commentary with McBrayer and Jane Krakowski shows their natural chemistry; deleted scenes showcase the strength of the supporting cast; and the feature "Behind-the-Scenes With the Muppets" is an interesting look into why, as Tina Fey says, "Muppets are better actors than human beings." **ROXANA HADADI**

Legs hurt when you walk or exercise?

**You may have PAD
(Peripheral Arterial Disease)**

PAD Symptoms:

- Cold feet or legs
- Numbness and tingling
- Leg pain is relieved when you rest
- Ulcers or sores that won't heal

Early treatment of PAD may prevent heart attack and stroke

Make an appointment for a FREE 10 - minute PAD screening

To register call: 301-350-6009

Where: VAC of Prince George's County
1019 Brightseat Road

Screening date: September 30, 2009

Time: 9:00am to 4:00pm

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Where: W Hotel Washington D.C.

When: Thursday, October 1

6:30PM Registration & Hors d'oeuvres

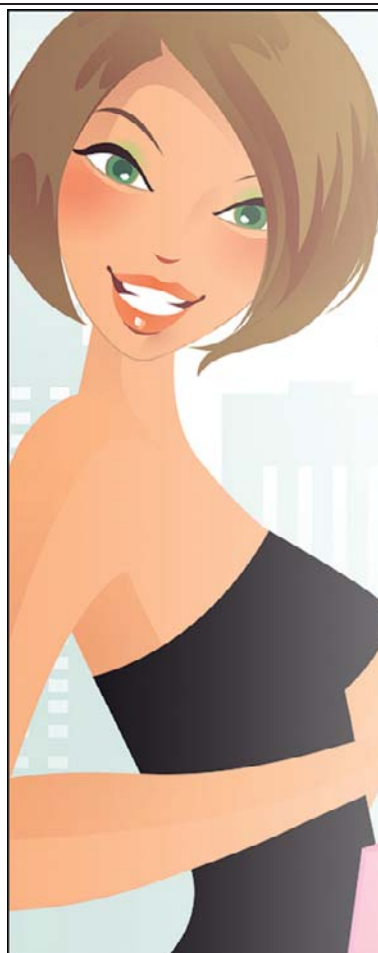
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8:30PM Dessert & Wine Reception

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igree — Alfred Hitchcock directed it and Jimmy Stewart stars in it — and the edge-of-your-seat excitement that’s normally associated with a lower class of action movie. f.z.

➔ *National Harbor, 150 National Plaza, Fort Washington, Md.; 8:30 p.m., free; 877-628-5427, Nationalharbor.com.*

3 It’s a Mouthful

Journalist and author Ron Suskind wrote “The Way of the World,” one of the finest books so far about the lead-up to the Iraq war. Want to ask him about it? You can go to dinner with him at Rock Creek Restaurant and discuss it to your heart’s content — or at least till he wants to go home. f.z.

➔ *Rock Creek Restaurant at Mazza Gallerie, 5300 Wisconsin Ave. NW; 6:30 p.m., \$65 per person or \$115 per couple; 202-364-1919, Politics-prose.com. (Friendship Heights)*

top stops

Compiled by Express’ Fiona Zublin and Anne Polsky. Read more of their picks every day at Expressnightout.com/topstops.

Strutting Her Stuff

Kooky actress, throwback rocker chick and hyper-energetic performer Juliette Lewis is bringing her Ziggy Stardust-inspired road show to the Rock and Roll Hotel. In support of her new album, “Terra Incognita,” she’s left the Licks in the dust and has hit the road with her new band, the New Romantics. The results are as eclectic as you’d expect — shades of Janis Joplin, dreamy rock and ’80s-synth melodies abound. A.P.

➔ *Rock and Roll Hotel, 1353 H St. NE; 8 p.m., \$16-\$18; 202-388-7625, Rockandrollhoteldc.com.*



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(145 415) 700 1000
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
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WHITEOUT (R) - ID REQ'D
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SORORITY ROW (R) - ID REQ'D
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ALL ABOUT STEVE (PG-13)
(115 350) 640 930
THE FINAL DESTINATION (R) - ID REQ'D
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LOVE HAPPENS (PG-13)
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SORORITY ROW (R) - ID REQ'D
(210 455) 745 1025
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
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9 (PG-13)
(1255 300 510) 715 925
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JENNIFER'S BODY (R) - ID REQ'D
(1205 105 235 335 505) 600 730 830 955 1100
LOVE HAPPENS (PG-13)
(1255 125 225 305 330 355 500 540) 605 650 740 820 850 930 1020 1050
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
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(110 320 535) 750 945
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WHITEOUT (R) - ID REQ'D
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(100 130 200 335 405 435) 645 715 745 930 1000 1030
WHITEOUT (R) - ID REQ'D
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SORORITY ROW (R) - ID REQ'D
(205 440) 710 1020
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THE GAMER (R) - ID REQ'D
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THE FINAL DESTINATION (R) - ID REQ'D
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G.I. JOE (PG-13)
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LOVE HAPPENS (PG-13)
(120 400) 550 1020
CLOUDY WITH A CHANCE OF MEATBALLS (PG) ★
(100 305 510) 720 930
WHITEOUT (R) - ID REQ'D
(100 PM) 920 PM
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
(110 420) 700 940
THE TIME TRAVELER'S WIFE (PG-13)
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HARRY POTTER: HALF BLOOD PRINCE (PG)
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JENNIFER'S BODY (R) - ID REQ'D
(100 320 545) 805 1025
LOVE HAPPENS (PG-13)
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WHITEOUT (R) - ID REQ'D
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SORORITY ROW (R) - ID REQ'D
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TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
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(1230 150) 330 455 630 730 930 1010
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(1155 220) 445 720 950
WHITEOUT (R) - ID REQ'D
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SORORITY ROW (R) - ID REQ'D
(1205 230) 510 740 1005
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(1210 1250) 315 400 615 710 920 1000
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(1145 200) 420 640 900
THE SEPTEMBER ISSUE (PG-13)
(1205 230) 510 740 1005
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(1215 345 715 1030)
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OC & DA: 500 DAYS OF SUMMER (PG-13)
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JENNIFER'S BODY (R) - ID REQ'D
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CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★
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EXTRACT (R) - ID REQ'D
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THE FINAL DESTINATION (R) - ID REQ'D
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DISTRICT 9 (R) - ID REQ'D
(120 415) 700 950
JULIE & JULIA (PG-13)
(1220 110 320 410) 630 710 920 1000
HARRY POTTER: HALF BLOOD PRINCE (PG)
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JENNIFER'S BODY (R) - ID REQ'D
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LOVE HAPPENS (PG-13)
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TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
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SORORITY ROW (R) - ID REQ'D
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TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
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(1210 325) 640 955
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DISTRICT 9 (R) - ID REQ'D
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JULIE & JULIA (PG-13)
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G.I. JOE (PG-13)

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(130 430) 715 955
THE INFORMANT (R) - ID REQ'D
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JENNIFER'S BODY (R) - ID REQ'D
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TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
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THE FINAL DESTINATION (R) - ID REQ'D
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SHORTS (PG)
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INGLORIOUS BASTERDS (R) - ID REQ'D
(1205 315) 625 935
DISTRICT 9 (R) - ID REQ'D
(1245 345) 720 1005
JULIE & JULIA (PG-13)
(1210 310) 610 910
G.I. JOE (PG-13)
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500 DAYS OF SUMMER (PG-13)
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(1205 315) 625 935
THE PROPOSAL (PG-13)
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EXTRACT (R) - ID REQ'D
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THE GAMER (R) - ID REQ'D
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(130 PM 420 PM)
THE UGLY TRUTH (R) - ID REQ'D
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(145 410) 640 910
HARRY POTTER: HALF BLOOD PRINCE (PG)
(105 PM 430 PM) 800 PM

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JENNIFER'S BODY (R) - ID REQ'D
(245 515) 745 1045
WHITEOUT (R) - ID REQ'D
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SORORITY ROW (R) - ID REQ'D
(215 510) 740 1020
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)
(1230 130 345 430) 630 715 915 1015
9 (PG-13)
(1245 310) 600 815 1040
THE GAMER (R) - ID REQ'D
(110 PM) 950 PM
ALL ABOUT STEVE (PG-13)
(250 PM 530 PM) 830 PM
THE FINAL DESTINATION (R) - ID REQ'D
(450 PM) 710 PM
INGLORIOUS BASTERDS (R) - ID REQ'D
(300 PM) 640 PM 1010 PM
DISTRICT 9 (R) - ID REQ'D
(615 PM) 900 PM
JULIE & JULIA (PG-13)
(315 PM)

television **lookout**

To Love And to Tolerate



Actress Julianna Margulies shines as "The Good Wife" tonight at 10 on CBS.

mother-in-law help raise the kids.

The controversy surrounding her quickly becomes a backdrop to her story as intrepid lawyer, rule-bending truth-finder and feisty single mother. Margulies is most believable as the latter. She shares a natural relationship with her two teenagers, a bond made stronger by their mutual antipathy to her husband's mother and the shared indignity of being reminded of Peter's indiscretion. KEVIN MCDONOUGH

(UNITED FEATURE SYNDICATE)



Newark Mayor Cory Booker opens up in the documentary series "Brick City."

appear on **THE JAY LENO SHOW** (10 p.m., NBC).

SCHOLAR ON BOARD
Vali Nasr is scheduled on **THE DAILY SHOW WITH JON STEWART** (11 p.m., Comedy Central).

ENVIRO-TECH GURU
Shai Agassi appears on **THE COLBERT REPORT** (11:30 p.m., Comedy Central).
KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

SUNDANCE CHANNEL

THE COLBERT REPORT

THE JAY LENO SHOW

THE DAILY SHOW WITH JON STEWART

THE COLBERT REPORT

THE COLBERT REPORT

THE COLBERT REPORT

THE COLBERT REPORT

- Help finding a job
- Resume writing
- Assistance applying for benefits
- Computer mentoring
- Referrals to other community agencies
- HIV/AIDS services including bereavement support, burial assistance and a retreat program

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If you are interested in participating in the *Next Step* Program, visit one of our offices between 9:00 and 11:00 a.m. any weekday morning.

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of Greater Washington

www.samaritanministry.org

Samaritan Ministry's *Next Step* Program helps people who are homeless, have HIV/AIDS, and others in need make changes for a better life. Program participants meet with staff members to set goals in employment, housing, health care and other areas. Goals are reached one step at a time with staff providing resources and offering encouragement and support. There are no religious requirements for participation.

DIABETES

24,000,000 REASONS TO BEGIN

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- ☐ NOT taking Actos, Avandia, or insulin

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Poll Center

WAS PRESIDENT OBAMA
WRONG NOT TO GRANT AN
INTERVIEW TO FOX NEWS?

YESTERDAY'S RESULTS AS OF 5 P.M.

NO 59%
YES 41%

“Yes. It clearly shows his bias and the fact that he is scared of actually being asked a potentially difficult question from one of the few non-biased news media [outlets].”

COMMENTER LOL

“If [Obama] was honest and forthcoming about the things he advocates, an appearance on Fox News would only serve to reinforce his stand and garner him much-needed credibility.”

AN ANONYMOUS COMMENTER

“No. If Fox [News] can’t be bothered to broadcast a speech to a joint session of Congress, then can [it] really be considered a news outlet?”

AN ANONYMOUS COMMENTER

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM



“THE SO-CALLED hipsters went from victims of robbery to perpetrators of (possibly) aggravated assault. But I bet it felt good.”

WHYIHATEDC.BLOGSPOT.COM ON A STORY FROM THE BORDERSTAN BLOG ABOUT A GROUP OF PEOPLE WHO CHASED DOWN A MUGGER ON U STREET AND BEAT HIM UP SATURDAY NIGHT.



KEVIN WINTER/GETTY IMAGES



“IF ANGELINA JOLIE can be mother to six and a full-time U.N. goodwill ambassador, why can’t Gisele do the same?”

GLAMOURVANITY.COM ADMIRES SUPERMODEL GISELE BÜNDCHEN, WHO WAS NAMED THE NEW GOODWILL AMBASSADOR FOR THE UNITED NATIONS ENVIRONMENT PROGRAM.

“Five minutes into the Emmy Awards Sunday, the show was already more entertaining than last year’s five-host train wreck.”

BLOG.ZAP2IT.COM WAS IMPRESSED WITH NEIL PATRICK HARRIS’ HOSTING PERFORMANCE, ADDING, “THE ACADEMY SEEMED TO REMEMBER THAT ITS BIG AWARDS SHOW IS SUPPOSED TO BE, YOU KNOW, ENTERTAINING.”



“You’d think he would have sworn off alcohol after that embarrassing incident with a hamburger, but David Hasselhoff clearly hasn’t learned his lesson.”

XI7ONLINE.COM PITIES THE STAR, WHO WAS REPORTEDLY TAKEN TO THE HOSPITAL FOR ALCOHOL POISONING ON SUNDAY. HASSELHOFF SAID HE WAS SUFFERING COMPLICATIONS FROM AN EAR INFECTION.

“I KNOW IN LIBERAL LAND, calling out a Democrat president on lies is considered blasphemous, but, well, when he talks about allegedly not knowing that his pet group ACORN was getting so much federal money, he’s lying.”

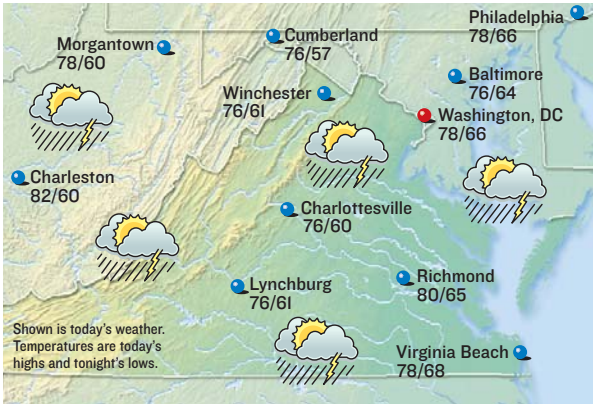
SISTERTOLDJAH.COM DOESN’T BELIEVE WHAT PRESIDENT OBAMA SAID ON ABC’S “THIS WEEK” ABOUT THE CONTROVERSIAL ORGANIZATION.



5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
A shower	A shower	A thunderstorm	A shower possible	Mostly sunny	Partly sunny
78°	66°	83° / 68°	86° / 66°	83° / 63°	80° / 61°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	80°
Low	60°
Normal high	78°
Normal low	60°
Average humidity	63%

Precipitation	
24 hours ending 4 p.m.	0.00"
Month to date	1.55"
Normal month to date	2.68"
Year to date	28.21"
Last year to date	37.66"
Normal year to date	28.94"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

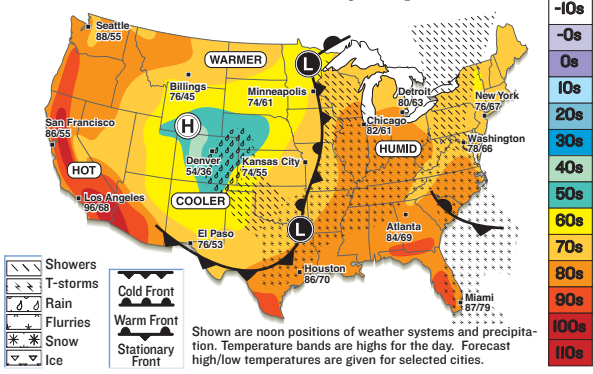
D.C. Metro: Today, partly sunny, a shower. High 78. Wind south-southeast 6-12 mph. Tonight, partly cloudy, a shower. Low 66. Wind south 4-8 mph.

Sun and Moon

Sunrise today 6:56 a.m.
Sunset tonight 7:05 p.m.
Moonrise today 11:19 a.m.
Moonset today 9:01 p.m.



National Weather for Tuesday, September 22



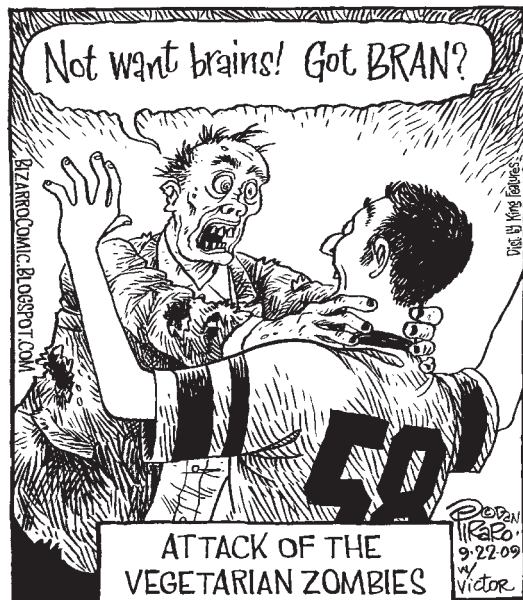
National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	84/69/pc	86/69/c
Boston	77/64/pc	82/64/pc
Chicago	82/61/t	83/59/t
Dallas	75/60/t	79/66/s
Denver	54/36/r	54/39/c
Honolulu	88/73/s	89/75/s
Los Angeles	96/68/s	100/70/s
Miami	87/79/r	90/79/t
New York City	76/67/pc	83/68/pc
Orlando	90/75/t	89/75/t
Seattle	88/55/s	84/54/s

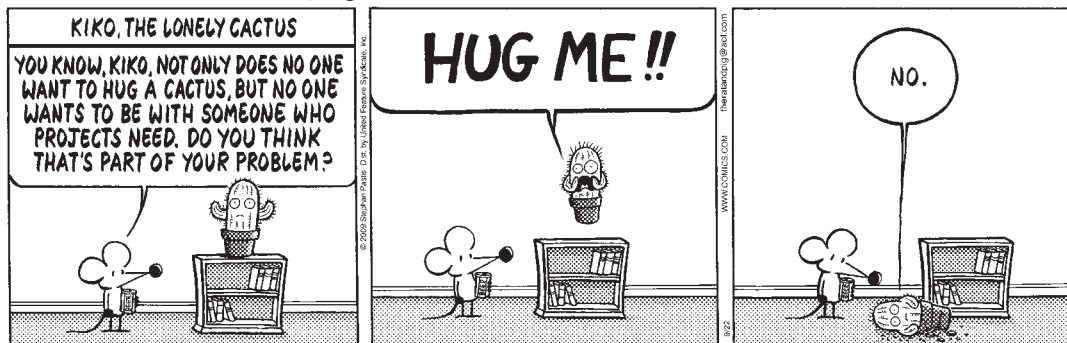
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	67/56/pc	63/50/pc
Athens	76/61/pc	77/63/s
Berlin	73/55/pc	72/52/pc
Buenos Aires	59/37/sh	59/36/s
Calgary	80/46/s	83/44/s
Dublin	63/48/pc	61/46/sh
Geneva	74/53/s	77/52/s
Moscow	63/45/pc	57/48/pc
Rome	77/63/t	79/63/s
Sydney	84/57/r	69/48/pc
Tokyo	77/68/pc	76/67/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin

"It's simple, really - unless and until all our demands are met, we keep crying."

Pooch Cafe | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) The more obvious you are in your approach, the more likely others are to second-guess you when things come down to the wire. Strategize.

LIBRA (Sept. 23-Oct. 22) Difficulties arise because you haven't been forthright with those who are part of your team. It's time for full disclosure.

SCORPIO (Oct. 23-Nov. 21) You can get more out of the day than others simply by weighing your options more carefully than usual. Possible outcomes seem clear.

SAGITTARIUS (Nov. 22-Dec. 21) Now is no time to keep information from others; the more you're willing to share, the more you'll get when you really need it.

CAPRICORN (Dec. 22-Jan. 19) Uncertainty can lead you into a difficult situation, unless you are willing to face it head-on and get the answers you really need.

AQUARIUS (Jan. 20-Feb. 18) You've come a long way since you last looked back to assess your progress. You'll

have to make a choice few have had to make.

PISCES (Feb. 19-March 20) You can do things to improve your situation even while you are trying to help others. Generosity serves you well.

ARIES (March 21-April 19) You're not likely to get the answers you were hoping for, but, strangely, they are answers to the questions you've been asking.

TAURUS (April 20-May 20) You're feeling more emotional than you had expected, so decisions will be harder to make. Avoid any that are irreversible.

GEMINI (May 21-June 20) You don't have to prove yourself to anyone. In the end, you may realize that you've been doubting yourself too long.

CANCER (June 21-July 22) Don't let a sudden and uncomfortable situation force you to behave in a way that is out of character. Be yourself at all times.

LEO (July 23-Aug. 22) Focus more on the journey than the destination. In the end, the most valuable rewards are those that have come to you all along.

Today in History

1862 President Abraham Lincoln issues the Emancipation Proclamation, declaring all slaves in the Confederate States free as of Jan. 1, 1863.

1975 Sara Jane Moore fails in an attempt to shoot President Gerald Ford outside a San Francisco hotel.

1988 The government of Canada apologizes for the World War II internment of Japanese-Canadians and promises compensation.

1995 America's Time Warner Inc. and Turner Broadcasting System Inc. announce a merger with Time Warner, creating the world's largest media company.

2006 Pope Benedict XVI invites Muslim envoys to meet with him at his summer residence for what the Holy See says is urgently needed dialogue after a cri-



Sara Jane Moore attempted to shoot President Gerald Ford Sept. 22, 1975.

sis ignited by his remarks on Islam and violence.

2008 The first excavation of Stonehenge in more than 40 years uncovers evidence that it drew ailing pilgrims from Europe for what they believed to be its healing properties, archaeologists say.

lookout people



JASON MERRITT/GETTY IMAGES

Not even adorable pixie blondes can make people watch quality television.

AILING
Irony of Emmy Award for Canceled Show Is Painful

A publicist for **KRISTIN CHENOWETH** says paramedics checked out the actress after her Emmy win, but that she's doing fine. Chenoweth felt a migraine coming on after winning an Emmy for outstanding supporting actress in a comedy for "Pushing Daisies." (AP)

UNIONS
Khloe Wastes Her Money, Our Time

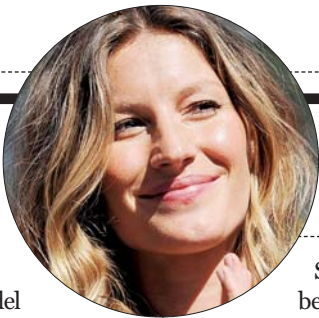
KHLOE KARDASHIAN plans to marry her boyfriend of one month, NBA player Lamar Odom, on Sunday, according to People.com. E! News reported that the pair went ring shopping last weekend and purchased an engagement ring on the spot. (EXPRESS)



RICHARD DREW/AP

ENDLESS
She's All Talk

KATE GOSSELIN confirmed reports that she desires her own talk show in comments at the Southern Women's Show in Charlotte, N.C. "I've been given the gift of gab, so why not use it?" she said. Gosselin taped a talk show pilot with Paula Deen over the weekend, according to Usmagazine.com. (EXPRESS)



Gisele's impact on politics will be felt (in her imagination).

NOT REALLY
When Supermodels Talk, World Leaders Listen

Brazilian supermodel **GISELE BÜNDCHEN** is a new United Nations goodwill ambassador and advocate for environmental awareness — and reportedly wants her own president to do more to halt Amazon deforestation. Bündchen said that Brazilian President Luiz Inacio Lula da

Silva should propose better laws to stop the razing of the world's largest rain forest. Silva said Monday that his new proposal, unveiled last week, to limit sugarcane production in the Amazon and other ecologically sensitive areas is proof of his commitment to Amazon preservation. (AP)



GARETH CATTMOLE/GETTY IMAGES

SYMPTOMS
Either Way, There Was Some Staggering

DAVID HASSELHOFF's representatives say the actor called 911 and went to the emergency room Sunday because medication for an ear infection interacted badly with another medication he was taking. Radar Online reported that he had been hospitalized for alcohol poisoning after drinking for more than a day. (EXPRESS)

FAME
Gaping Wound Won't Stop This Comeback Attempt

"Dancing With the Stars" participant **MYA** injured her hand Sunday but will still appear on the show, according to People.com. "Went2the hospital late last night2get stitches," she said on her Twitter feed. "Deep cut from glass. Only caught 2 hours of sleep but feel great. Must be adrenaline." (EXPRESS)



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puzzles lookout

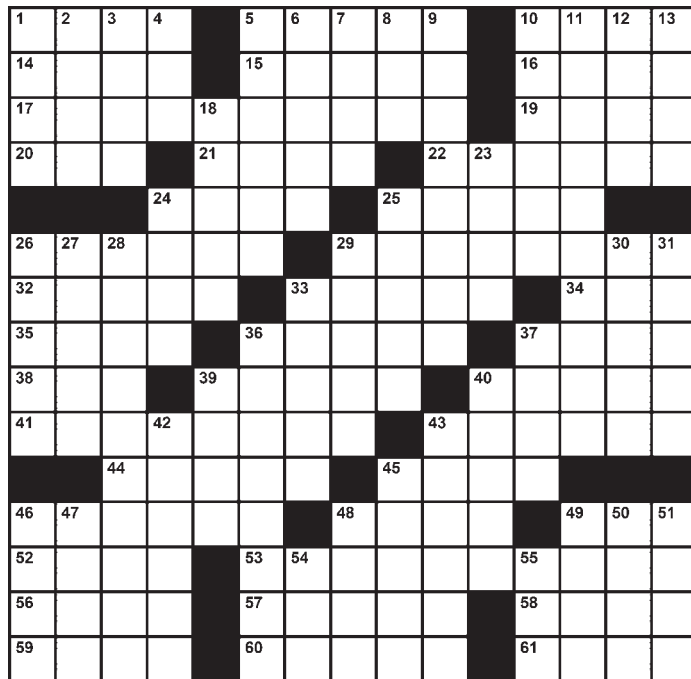
CROSSWORD | TEST DRIVE

ACROSS

1 British title
5 Like some shoulders
10 "Hit the brakes!"
14 A fit of shivering
15 Shake awake
16 Road runner
17 Places for coin collectors?
19 "Jeopardy!" contestants, collectively
20 Demographic datum
21 Areas by malls
22 Tighten, as a fist
24 Bundled units, in some product names
25 They have certain rings to them
26 Computer availability
29 In power, as a king
32 Combine, as traffic lanes
33 Feature of some muscle cars
34 Crib talk
35 Cotsword cries
36 ___ fatale
37 "We don't know who said it" abbr.
38 Diminutive creature
39 Chianti and Bardolino
40 "Frasier" surname
41 Scrap for Fido, perhaps
43 Part of an old heating system
44 A bit of land in the ocean
45 Wedding reception staple

DOWN

46 Admission
48 Arctic breakaway
49 Bad thing to be caught in
52 International accord, e.g.
53 Road no-no
56 Collection of verse
57 Throw into confusion
58 Aquatic predator
59 Catch, as livestock
60 Divas' tributes
61 "Beowulf" beverage
1 "Star Trek" android
2 Ebullient
3 Contraband carrier
4 Snakelike fish
5 Actress Shields
6 Alex Haley book
7 Double-play duo
8 A drop-off among smokers?
9 Act as a witness
10 Lustrous fabric
11 It creates a flashing light
12 Applying to ears
13 Friend of Kanga and Owl
18 Scapegoat's burden
23 MEGA Bloks alternative
24 Overeats (with "out")
25 Reagan and Clinton each had two
26 Flower cluster, as on a carrot
27 The king of "Positive Thinking"

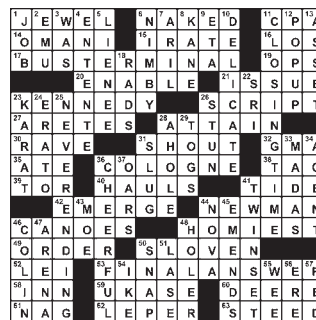


EDITED BY TIMOTHY E. PARKER

28 Gridlock helper
29 Grapevine tidbit
30 "... tree falls in the forest and ..."
31 One who's done for
33 George of the CIA
36 Exceptional, as a restaurant
37 Extra dry
39 U. of Tennessee athletes
40 "1-2-3-kick" dance
42 African fly

43 Flat-bottomed canal boats
45 Ball girl?
46 "Me too" sort
47 Chief of a Mafia branch
48 Makes an offer
49 One-time alternative to pounds
50 Builder at Cuzco
51 Cry of shock
54 "Without further ___"
55 Turkey, maybe

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Sudoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

8	5	6	7	2	3	9	4	1
7	2	3	9	4	1	8	6	5
4	1	9	5	6	8	7	3	2
9	4	5	6	3	2	1	8	7
2	6	1	8	9	7	3	5	4
3	7	8	1	5	4	2	9	6
6	3	2	4	1	9	5	7	8
5	9	7	2	8	6	4	1	3
1	8	4	3	7	5	6	2	9

		7				1		3
		4				7		8
		2	6			5		7
						2		5
			7			6		
	2		3					
	8		9			1	6	
	3		2				8	
1		6					9	

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